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MEDITATION GURU

THE WOMEN  
OF THE  
YEAR  
ISSUE

*Red's talking about...*

- **Patricia Arquette:**  
woman's woman
- **Chiwetel Ejiofor,** the  
reluctant superstar
- **Davina McCall** on  
face-lifts & happy families

**HELENA  
BONHAM  
CARTER**  
**SEXY, CHARMING  
& FUNNY AS  
ALL HELL**

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best friend's  
husband'*

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*It's a  
mushroom*



## THE BIG COAT EDIT

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# EDITOR'S LETTER

Step inside the artist's studio with Nelly Dimitranova (below; page 117) and Dior's Paris atelier with Caroline Issa (right; page 184)

Sarah Bailey, Clinique's Amy Le Roux, Emma Freud, Stacey Cartwright, Gemma Cairney and Sarah Champion reveal our Red Women of the Year on page 88



# ART AND SOUL



Welcome to our Women of the Year issue, where we celebrate the stellar contribution of women in every field. From STEM to charity, to the creative arts, I'd say what unites all our *Red* Women of the Year winners, in association with Clinique, is a fearlessness and a drive to change the world for the better (page 88). 'Isn't it exciting to be a woman sometimes when you read about women like these,'

commented actress Louise Brealey when she and her fellow judges met at The Union Club in July. I couldn't agree more.

Back when I was a drama-crazed teen I was a member of Manchester Youth Theatre for several summers. One of our finest hours was a production of *Petticoat Rebellion*, about the suffrage movement and how the vote was won for women. The redoubtable Pankhurst family hailed from Manchester, of course, which somehow gave the show that extra frisson. I can't wait to see cover star Helena Bonham Carter in Abi Morgan's *Suffragette* when it opens on October 12th. Maggie Alderson's fascinating interview with the actress reveals her very personal family links to the story of women's suffrage,

while painting a portrait of an uncompromisingly original star whose brains, bravery, unapologetic quirkiness and zest for life combine to make her all the more gorgeous (page 76).

There are so many brilliant women in this issue: Brita Fernandez Schmidt, executive director of Women for Women International UK, is someone whose inspirational leadership I've admired for many years. We profile her on page 106 along with her wonderful ambassadors, one of whom is Caroline Issa, who contributes to a few stories – including a glorious backstage look at Dior couture on page 184.

Craftsmanship and artistry are on our minds this issue with the third of our artists-in-residence collaborations. Nelly Dimitranova returns to our pages, having developed an ongoing dialogue with beauty director Annabel Meggeson (turn to page 203 to find out how it feels to be a muse), alongside emerging artist Caroline Jane Harris (page 117). I hope you can join me and the *Red* fashion team for our art and shopping evening at Anthropologie (see page 118), to view the work and to celebrate female mentorship and women walking their own path.

*Sarah Bailey*  
Editor-in-chief SARAHBAILEY

{ THIS MONTH I HAVE BEEN:  
**READING** *A Little Life* by Hanya Yanagihara (still a bit traumatised);  
**PLOTTING** a half-term escape to Rome; **SUPPORTING** The Big Pink on October 16th for Breast Cancer Care ([breastcancercare.org.uk/the-big-pink](http://breastcancercare.org.uk/the-big-pink)); **GETTING INSPIRED** at Frieze London; **TWEETING** @SarahRedMag }

See our great  
SUBSCRIBER  
OFFER on  
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L'INSTANT  
**CHANEL**



# AMANDA WAKELEY

• LONDON •

LIFESTYLE LUXURY



# Red



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*November 2015*

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## THIS MONTH'S COVERS

Helena Bonham Carter wears, far left: Dress, £2,140; brooches, from £215 each, all Prada. Ring, £3,400, Cartier. Left: Dress, £440, La Perla. Necklace, price on request, Tiffany & Co. Creative direction Nicola Rose. Styling Lauren T Franks. Photographed by Jonty Davies. Hair Ben Cooke at Frank Agency for

Lockonego Salon. Make-up Silver at silverbramham.com. Nails Lucy Tucker at One Represents. Stylist's assistant Chloe Forde. Location thanks to Corinthia Hotel London. Shot in the Hamilton Suite. Recreate Helena's look using Miracle Cushion in Porcelaine, Blush Subtil Palette in Rose Flush, Grandiose in Noir Mirifique, Hypnôse Doll Eyes Palette in Taupe au Naturel, Artliner 24H in Black Diamond, Sourcils Gel in Auburn and Shine Lover in Twisted Beige, all Lancôme. Subscribe to Red to receive the limited-edition subscribers' cover (above, right), see page 153 for details.

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# CONTRIBUTORS

November 2015

## Carolyn Asome

Meets Tod's style-setting creative director Alessandra Facchinetti on page 48

### BEST THINGS IN LIFE?

- My daughter's chubby thighs
- The cool side of the pillow
- Newspapers

### MY FAVOURITE ARTIST IS...

Edward Hopper. His work is very poetic.



## Maggie Alderson

Interviews cover star Helena Bonham Carter on page 76

### BEST THINGS IN LIFE?

- Stumbling upon an amazing book by an author I've never heard of
- Dancing – anywhere
- The private jokes and experiences I share with my friend of nearly 40 years

### MY FAVOURITE ARTIST IS...

Pat Harry. She creates canvases that are very intense between figurative and abstract.

## Julia Llewellyn Smith

Writes about the work of Brita Fernandez Schmidt and Women for Women International on page 106

### BEST THINGS IN LIFE?

- Dancing to *Uptown Funk* with my daughters
- A home delivery from the Holy Cow curry chain
- Miniature dachshunds

### MY FAVOURITE ARTIST IS...

The sculptor Auguste Rodin – how he could convey such emotion through moulding clay is a never-ending source of awe to me.



## Sabrina Ghayour

Shares her new recipes in *Blowing in from the east* on page 226

### BEST THINGS IN LIFE?

- Cashmere onesies in winter
- Chocolate fudge cake
- Peace and quiet
- Feeling comfortable in your own skin

**MY FAVOURITE ARTIST IS...**  
Tamara de Lempicka for her vibrant depictions of beautiful women (and men).

# Red

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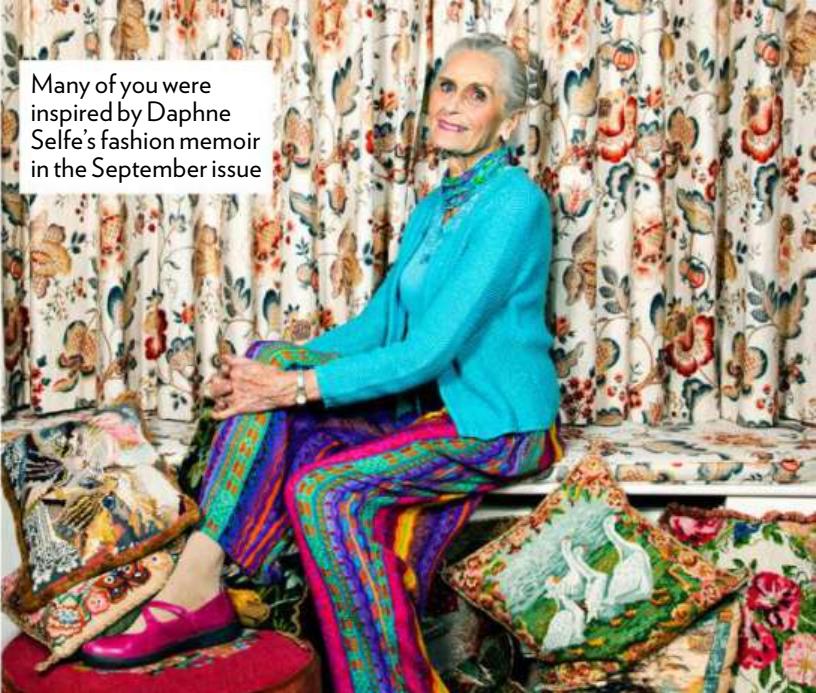
## Red love

When our guest columnist Molly Gunn wrote about the upsides of renting instead of buying her home in *Home sweet (rented) home* (September), it was a hit. ‘Reading @RedMagDaily and @Molly\_Gunn guest piece on renting has struck a chord. I feel the need to buy, but is it really such a big deal?’ asked @diaryofamumof3 on Twitter. Similarly, Sarah Dabrowski wrote: ‘Reading *Home sweet (rented) home* was like lifting the lid on my brain and seeing all I felt and believed about renting on paper. I have never had any desire to own, instead choosing freedom, and disposable income that can be spent exploring the world and living life to the full; not worrying about a broken boiler or cutting the lawn, as the landlord has it covered. My fiancé and I are constantly being asked when we will settle and buy, as if that is what we should do, but we just don’t want to. For me, experiences count far more than bricks and mortar. When I save hard-earned money, a trip to Tokyo seems far more exciting and worthy than a pile of bricks that can’t take you anywhere but here. Thanks, Molly, I no longer feel alone.’

**Our mail of the month wins Lancôme beauty treats, worth £105**  
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Many of you were inspired by Daphne Selfe's fashion memoir in the September issue



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**THANK YOU, RED, FOR SHOWING ME THAT THE FASHION TIDE IS BEGINNING TO TURN** to embrace an older audience. In the September issue I was delighted to come across Daphne Selfe's *Fashion rebel* feature, showcasing this amazing 86-year-old who sees age as merely a number, not a limitation. I came across Daphne a couple of years ago and, thanks to her, felt inspired to buy my first pair of Dr Martens at the grand age of 55. Since then I've started a fashion blog for over-fifties. I've always loved *Red* and now even more so.  
*Anna Parkes, via email*

**@Helen\_Rothwell** Great article by @RedMagDaily on vlogging... Highlights it's not just for kids and everyone should be involved

**@InspiredGoodbye** @RedMagDaily @Peston a very brave and much-needed interview. Honest and bold.

and illuminate eyes with Lancôme Génifique Yeux Light-Pearl to reduce dark circles and fine lines. This month's prize goes to Sarah Dabrowski, mentioned in *Red* love.

**@angerazzihardy** Reading the new @RedMagDaily and it's making me giddy about winter clothes! #needtoputitdown #itsonlyaugust

**@ladywits** So many heartfelt articles in the latest @RedMagDaily. Sharon Walker and Robert Peston's, in particular, were beautifully covered.

**RED'S AWARDS**  
**MARKS & SPENCER FOOD PORTRAITURE AWARD**  
2015 (Jonathan Gregson)  
Pink Lady Food Photographer of the Year Awards 2015  
**JASMINE SOUNDBITE: MAGAZINES** (Annabel Meggeson) Jasmine Awards 2015  
**BEST MONTHLY CONSUMER MAGAZINE**  
**JOURNALIST & JOURNALIST OF THE YEAR**  
(Annabel Meggeson) Johnson & Johnson Skincare Journalism Awards 2014  
**BEST JOURNALISM: BEAUTY OR GROOMING** (Annabel Meggeson and Rosie Green) & **BEST LAYOUT: BEAUTY OR GROOMING** (Annabel Meggeson and Haley Austin) P&G Beauty & Grooming Awards 2013  
**BEST DIGITAL FRAGRANCE EXPERIENCE** (Annabel Meggeson) The Jasmine Awards 2012  
**BEST DESIGNED SITE**  
Online Media Awards 2012  
**CONSUMER MAGAZINE OF THE YEAR** PPA Awards 2011



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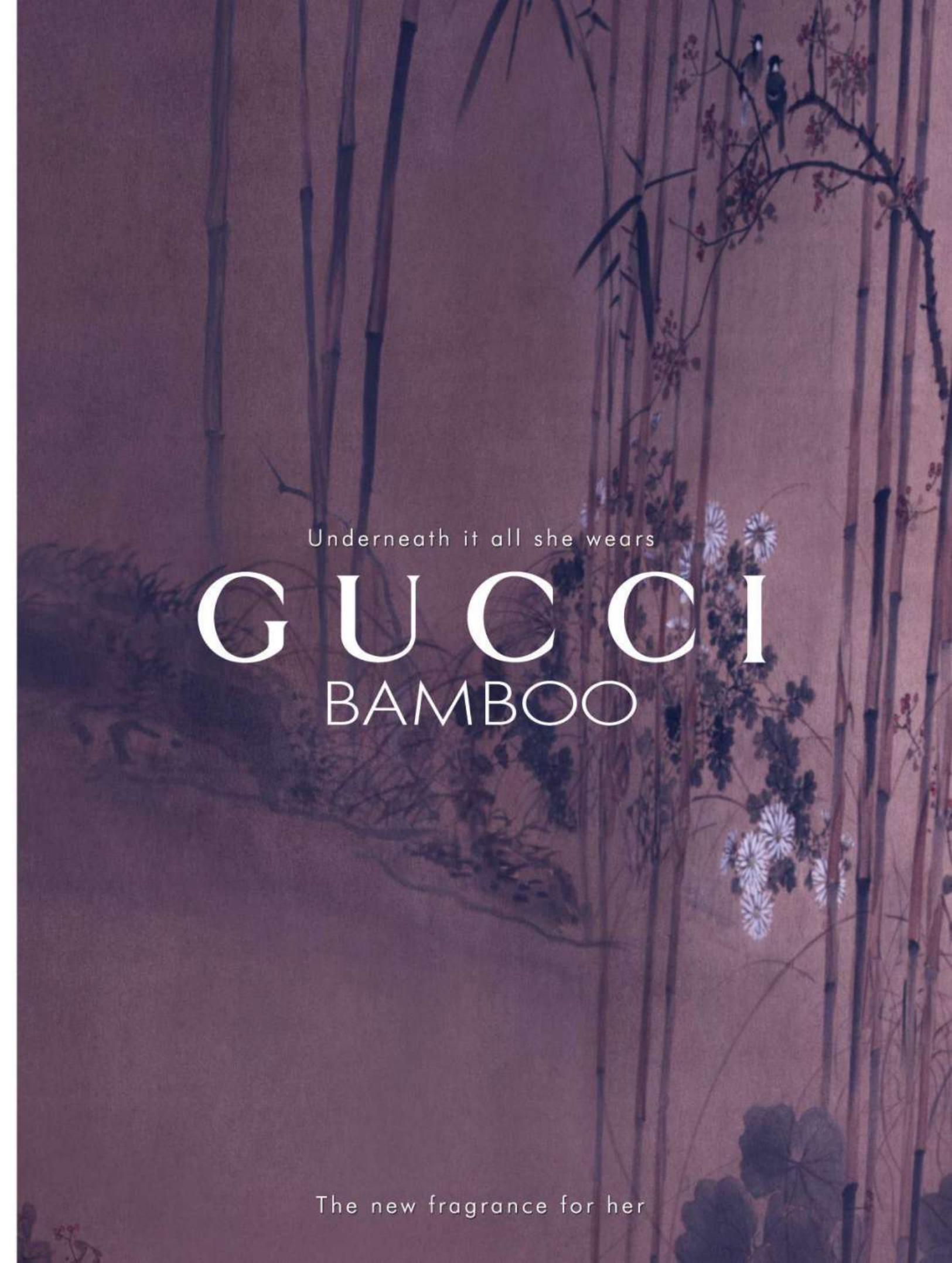
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Edited by ALEXANDRA LUNT  
& OONAGH BRENNAN

## SUGAR RUSH



More is more in the accessory world right now – the perfect excuse to indulge in these delicious floral bangles from Chanel. The Cruise 16 collection, shown in Seoul back in May, was inspired by kitsch K-pop (Korean pop) style – and these beauties are set to add a fun, quirky edge to the way we accessorise now and well into next season. We're game. 

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£470,  
Club Monaco  
at Harrods

**Wool coat,**  
£350, Karen  
Millen

**Metal bangle,**  
£190, Chloé  
at Matches  
fashion.com

WARDROBE UPDATE

# THE BIG COAT EDIT

This season's style rules? There are none. From fab faux fur to modern capes, coats are more fun than ever – one might not be enough

**Wool coat,**  
£370, Maje

**Leather bag,**  
£305, Vanessa  
Seward at  
Net-A-Porter

**MAC**  
Lipstick  
in Lady  
Danger,  
£15.50

## WHITE FOR NIGHT

Nothing says luxury more than a white coat in winter. Trust us, it's worth the dry-cleaning bill

**Wool coat,**  
£1,995, Pringle  
of Scotland

**Leather shoes,**  
£450, Giuseppe  
Zanotti

## THE CLASSIC

FROM CREAMY LATTE TO SUMPTUOUS CAFE AU LAIT, GET YOUR FIX OF WINTER'S NEW NEUTRALS. BUY NOW AND WEAR FOREVER

## THE SLEEVELESS ONE

Try sleeveless for work layered over a crisp white shirt and high-waisted black trousers

**Poly-mix**  
trousers, £99,  
Somerset by  
Alice Temperley  
at John Lewis

**Wool and leather**  
sleeveless coat,  
£395, Nicole Farhi  
**Cotton shirt,**  
£295, Margaret  
Howell

**Leather bag,**  
£665, Carolina  
Herrera

**Suede**  
shoes,  
£130,  
Karen  
Millen >

## New brand alert

Limited-edition coats with luxe looks at can't-believe-it prices: we're loving new online brand Grace & Oliver  
**Wool-mix coat,**  
£395, Grace & Oliver

**Dior Vernis** in Rouge  
999, £18.50

# SHOP

Cotton-mix coat,  
£505, Kate Spade  
New York

## TRENCH UPDATE

THE TRADITIONAL TRENCH HAS BEEN TWEAKED FOR A/W 15 IN HIGH-SHINE PVC, CANDY COLOURS AND SUPERSOFT SUEDE



Wool coat, £2,050;  
wool hat, £160;  
suede bag, £1,310,  
all Gucci. Suede  
trainers, £395,  
Vanessa Bruno

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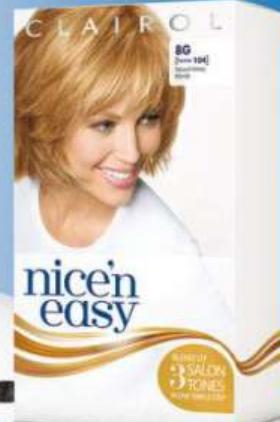
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Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

\*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G

clairol.co.uk

**Butter London**  
Patent Shine 10X Nail Lacquer in Over The Moon, £15



Chloé AW15



Wool coat, £398, AllSaints

**Silver and 18ct gold ring,**  
£680, Bunney



Leather bag, £280, LAAEL



Devore blouse, £180, Related

**Cotton skirt,**  
£345, Margaret Howell  
**Elastic belt,**  
£120, Maje



**Metal necklace,**  
£229, Michael Michael Kors at Monnier Frères



Burberry Prorsum AW15



**High-street buy**

The super-long maxi coat solves the bare legs vs tights dilemma

**Wool coat, £159,**  
Per Una Speziale at Marks & Spencer



Leather bag, £1,450, Bally

## MILITARY MAXIS

SHINY BELTS, BUCKLES AND BUTTONS ADD MILITARY DETAIL TO MAXI COATS IN UNIFORM COLOURS

**Wool-mix coat,**  
£139.99, H&M



Leather sticker, £45, Anya Hindmarch



Cotton top, £285, House of Holland



Acetate sunglasses, £165, Karen Walker



Denim jeans, £140, Raey at Matches fashion.com



Wool coat, £795, Joseph at Harrods ➤

**BELT UP**  
Cinch your maxi coat at the waist to slimline your silhouette

**Elastic belt,**  
£120, Maje

**Leather boots,**  
£1,250,  
Victoria Beckham



**WEAR WITH**  
...smart dark denim and soften with romantic pleats



# SHOP



## The new heritage

For a smarter style, choose neutral heritage checks on a classic-shaped coat

**Cashmere hat,**  
£395, ESK

**Acetate sunglasses,**  
£170, Ray-Ban at Sunglass Hut

**Wool coat,**  
£402, Carven at The Outnet



**Essie Nail Polish in Cocktail Bling,** £7.99

**High-street buy**  
**Faux-leather bag,**  
£32, Next

**Neoprene skirt,** £39,  
Finery

**Leather boots,** £95,  
Office

**Acetate sunglasses,**  
£35, Le Specs

**Sterling silver and cubic zirconia necklace,** £85, Pandora

## DOUBLE CHECK

FROM CLASSIC DOGTOOTH  
TO PUNCHY PATCHWORK,  
CHOOSE YOUR CHECK

**Denim jeans,**  
£29.99, Lindex

**Wool coat,**  
£420, Sandro

**Silk blouse,** £364,  
Emma Cook

**Leather bag,**  
£350, Boss

**22ct gold-vermeil and sterling silver earrings,** £170,  
Dinny Hall

**Leather trousers,**  
£695, Amanda Wakeley

*Alexa Chung*

**Leather trainers,** £65,  
Converse

## The blanket check

The cosy checked blanket coat overtakes the parka as the new off-duty favourite. Double up and wear it oversized, layered with a denim jacket or leather biker

**Wool coat,** £245, Uterqüe  
**Denim jacket,** £280,  
Marques Almeida

**Leather vanity case,**  
£195, Steamline Luggage

**Ceramic, 18ct gold and diamond watch,** £5,050,  
Rado ➤

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# SHOP



## FOR THE WEEKEND

Choose a fun multicoloured style and team with dressed-down trousers and trainers

**Faux-fur coat**, £189, Asos



# FUN FAUX

JOYFUL AT THE WEEKEND, FABULOUS AT NIGHT – AND YES, YOU CAN EVEN WEAR IT FOR WORK. IT'S TIME TO GO FAUX



## FOR NIGHT

A classic neutral like pale grey looks expensive and chic. Wear with similar tones and add chandelier earrings for sparkle



## FOR WORK

Full-on faux fur might be a bit OTT for the office so liven up your work coat with a scarf, stole or collar in a bright colour

**Leather bag**, £295, Daks



# CAPE CRUSADERS

MEET THE COOLEST NEW COAT TREND



## Style tip

The cape shape makes any cross-body or shoulder bag redundant so invest in a clutch, wrist or top-handle style

**Canvas bag**, £89, Baum Und Pferdgarten

**Wool-mix cape**, £495, MSGM at Fenwick

**OPI Nail Lacquer in Gelato on My Mind**, £12.50

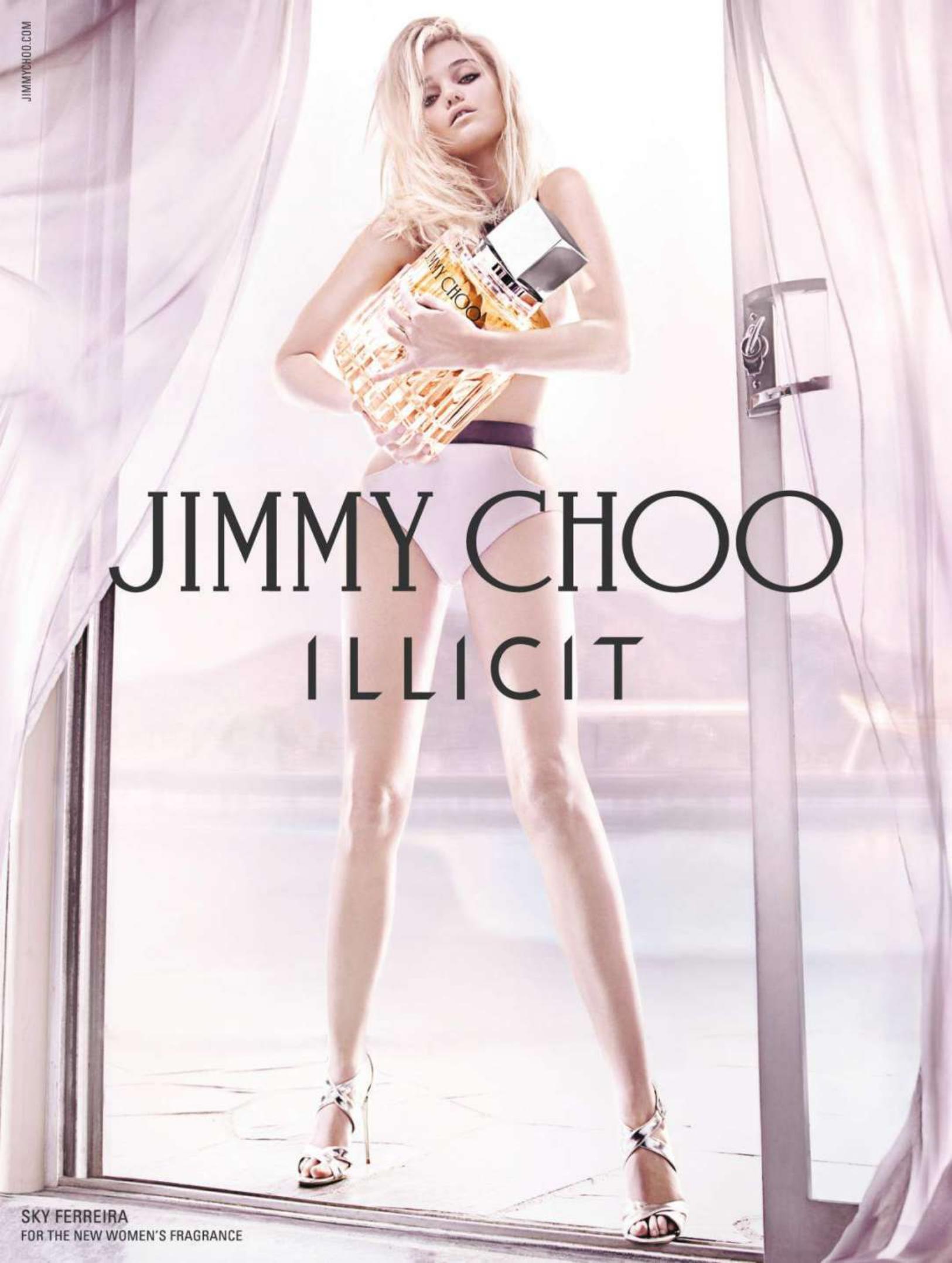
**Metal bracelets**, £10 for a pack of three, Accessorize

**Wool-mix cape**, £265, Reiss

**Leather trainers**, £150, Senso

## HOW TO WEAR IT

Let the cape be the hero and drape over simple slouchy chinos and fresh white leather pumps



# JIMMY CHOO ILLICIT

SKY FERREIRA  
FOR THE NEW WOMEN'S FRAGRANCE

# VALENTINO



**VALENTINO**  
DONNA  
THE NEW FEMININE FRAGRANCE



# NEW

## THE MIRACLE COLLECTION

Transform your look with the Miracle Collection. Facefinity All Day Primer to hold, new Miracle Match Foundation to blur imperfections and nourish\* skin, and Creme Puff Blush for a natural flush of colour.

The Miracle Collection for the perfect nude look.

#MAKEGLAMOURHAPPEN

Recreate Candice's transformation: Facefinity All Day Primer, Miracle Match Foundation, Creme Puff Blush in Alluring Rose

\*Nourishes with hydration



MAX FACTOR X

THE MAKE-UP OF MAKE-UP ARTISTS

# WE WANT TO BE IN HER GANG

As creative director at Tod's, Alessandra Facchinetti is redefining the heritage brand for a modern woman. Carolyn Asome finds herself coveting something – anything – in the label's buttery soft leather

**T**here isn't much that Alessandra Facchinetti hasn't done with leather in her three years as creative director at Tod's. She has made it resemble paper, linen and lace. She's sliced and spliced it; lasered, polished and mattified it. 'Until I came to Tod's I never realised how versatile it could be,' she says of leather. 'I prefer to treat it as a fabric so that it's casual, which very much reflects the luxurious yet sporty elegance of Tod's, don't you think?'

Facchinetti's not wrong. Tod's, with its stealth-wealth approach to dressing, has long championed handbags in the softest nappa leather or 101 ways with its Gommino driving shoe. It's the sort of luxury that speaks to customers who like their accessories to whisper rather than shout, preferably in the muted hues of a milky almond latte. Cameron Diaz, Nicole Kidman and Jessica Biel are fans. As was the late Princess Diana, who inspired the brand's iconic D-bag.

Love all of the Tod's merchandise though I do, I am momentarily distracted by Facchinetti herself. Besides coveting her gobstopper antique Christian Lacroix bangles – and this, from a fashion journalist who doesn't wear jewellery – I am

also drinking in every detail of her exquisitely decorated office: painted walls in a soothing shade of Farrow & Ball's Lamp Room Gray, the slashed blush-pink art by Nikolas Gambaroff, a teal velvet-covered sofa bench, the Gio Ponti chairs, Gabriella Crespi coffee table and industrial pendant lamp from Dimore Studio, a highlight of the recent Milan Furniture Fair.

#### DRESSED IN HER TOD'S 'UNIFORM' OF NAVY SUEDE JACKET

(a feature of which are the oversized stitched panels), a pair of mannish navy trousers and some moccasins (which she jokingly refers to as vintage because they were from her first collection four seasons ago), Facchinetti looks faintly bohemian, almost arty. While jewellery is not the starting point of her outfit, she admits that it's always there. 'Jewellery, trousers, a man's shirt, a squirt of Frederic Malle's Lipstick Rose and basta,' she says, before erupting into hearty laughter. She is warm and candid, with an unlined alabaster complexion and thick dark hair that's pulled back, belying her 43 years.

She is, in essence, a woman whose style the rest of us are drawn to.

In Facchinetti, Tod's couldn't have chosen better. She makes 'fashion you want to immediately put on', says ➤



“  
Jewellery,  
trousers,  
A MAN'S SHIRT,  
a squirt of  
Frederic Malle's  
**LIPSTICK**  
**ROSE** and  
basta  
”



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Facchinetti's office is stylishly decorated  
ABOVE LEFT: She's experimental with leather, preferring to treat it as a fabric



Caroline Issa, *Red* contributor, fashion editor and stylist of the Tod's show.

#### **DOES FACCHINETTI FEEL IT'S EASIER FOR A WOMAN TO DESIGN FOR ANOTHER WOMAN?**

'Well, there are lots of great male designers who do wonderful things,' she starts off diplomatically. 'But as a woman, of course, you are more aware of the sort of things you want to wear day to day.' She shrugs. 'Of course, being a woman helps.'

Facchinetti's conversation, peppered with references to 'strong women', does not come across as marketing soundbites. She is the real deal. For starters, Facchinetti is a fashion survivor (more of which later), but she is also passionate on the subject of women finding their voice. 'Thank God, attitudes are changing. Men now realise women can do anything. Actually,' she deadpans, narrowing her eyes quizzically, 'they do everything.'

Somewhat modestly, Facchinetti says she hasn't given too much thought to the fact that she is one of a handful of women at the top of the design tree, but applauds the fact that there are more women working in fashion. 'It used to be so much harder,' she says. 'When I first

started out, working at Prada in 1994, there were a lot more men.'

Despite growing up with a rock-star dad – the lead singer and keyboard player of Pooh, one of Italy's most successful pop groups – Facchinetti often emphasises the importance of being 'hooked into reality'. Perhaps that owes much to her unstarry upbringing as the eldest of five siblings growing up in Bergamo, a city to the north east of Milan. She doesn't think her parents influenced her decision to go into fashion, but from an early age she was inspired by her maternal grandmother. 'She would cook and cook but then she was like – wow! – suddenly so glamorous, with her jewels and nails done when she went to the shops. She really was very stylish.'

After studying architecture and sculpture at art school in Bergamo, Facchinetti graduated from the prestigious Istituto Marangoni in Milan before working at Prada, where she mostly designed for the Miu Miu brand. What did she learn there? 'I learnt everything,' she says. 'In the seven years I was there it was a period when the brand was just getting bigger and bigger each season.'

During her 21-year design career, Facchinetti has been no stranger to ➤

'As a female designer you are more aware of the sort of things women want to wear day to day,' says Facchinetti



#### **ALESSANDRA FACCHINETTI'S CV**

**FIRST JOB:** As a designer at Prada for Miu Miu in 1994.

**FIRST FASHION BIG BREAK:**

My job at Prada.

**CAREER HIGHLIGHT:** The moment I presented my first couture collection at Valentino.

**CAREER HICUP:** There's never been a truly negative experience; some moments were more difficult than others. Relationships are not always easy.

**BEST PIECE OF CAREER**

**ADVICE:** To be diplomatic, and to invest in research.

**WHAT YOU'LL BE WEARING FROM TOD'S NEXT SEASON:**

The biker trench in our signature vacchetta nappa leather and the knitwear.

**YOUR BEST THING IN LIFE:**

Free time.

the trials of succeeding a big-name designer. In 2004 she was chosen to take over from Tom Ford as creative director of womenswear at Gucci, a role she held for two seasons before being supplanted by Frida Giannini. A few years later, she found herself in a similar situation at Valentino, after becoming the first creative director to succeed its eponymous founder when he retired. Despite winning the support of influential fashion editors, she was accused of veering too far from the house codes – not least by Valentino himself.

I moot that the fallout, which was so public at the time, must have been tough to deal with. It's a question that could lead to interview suicide but she is frank and matter-of-fact. She doesn't flinch as she tells me how hard it was. 'Who knows, perhaps I wasn't mature in some of my decisions...

but the relationship between a designer and the company isn't perfect and that's the reality of this business.'

Does she feel more resilient? I suggest that in these 'lean in' times, the fact she kept coming back is a good thing for women, the majority of whom are hardwired perfectionists and so often given to too much introspection and self-doubt.

'There were moments when I...' she falters, 'it was definitely an experience which made me stronger. I did get back to work but obviously there were times when I wanted to stay away. But, you have to get back.' She looks at me squarely, 'I do think it's made me who I am today.'

Does she have anything to say about Frida Giannini's recent departure from Gucci? 'No,' she answers with a bemused expression that suggests she is beyond caring about something that has been consigned to the past.

Part of the appeal of Tod's was surely that Facchinetti would get to

work on something with no ready-to-wear heritage. The designer Derek Lam had been designing a capsule collection for the label for a number of years but it was small and very quiet. 'Well, I didn't start from zero here but yes, that was a lucky thing in a way,' she concedes. 'I have the freedom to create and evolve something but also, it's a family business so even the approach is very different.'

### AS A RULE, FACCHINETTI DOES NOT SOCIALISE WITH ANYONE FROM THE INDUSTRY,

preferring instead to lead a private, simple life out of work. She has a long-term partner but he does not attend her shows. 'Caroline Issa was one of the first people I was friends with from within the industry and really clicked with.'

Issa agrees their working dynamic is collaborative. 'We'll send each other pictures that have inspired us and they'll often be the same idea within hours of each other,' she tells me.

'I think we're both typical Tod's women in that we have a lot going on in our lives and our wardrobes have to work really hard for us.'

Facchinetti passes me the latest Gommino boot, which resembles a cross between a Chelsea boot and a moccasin. 'See this, I've always loved the Chelsea boot and this is a play on it but with exaggerated stitching and made from really soft, malleable leather. It's timeless really, which I think sums up Tod's.

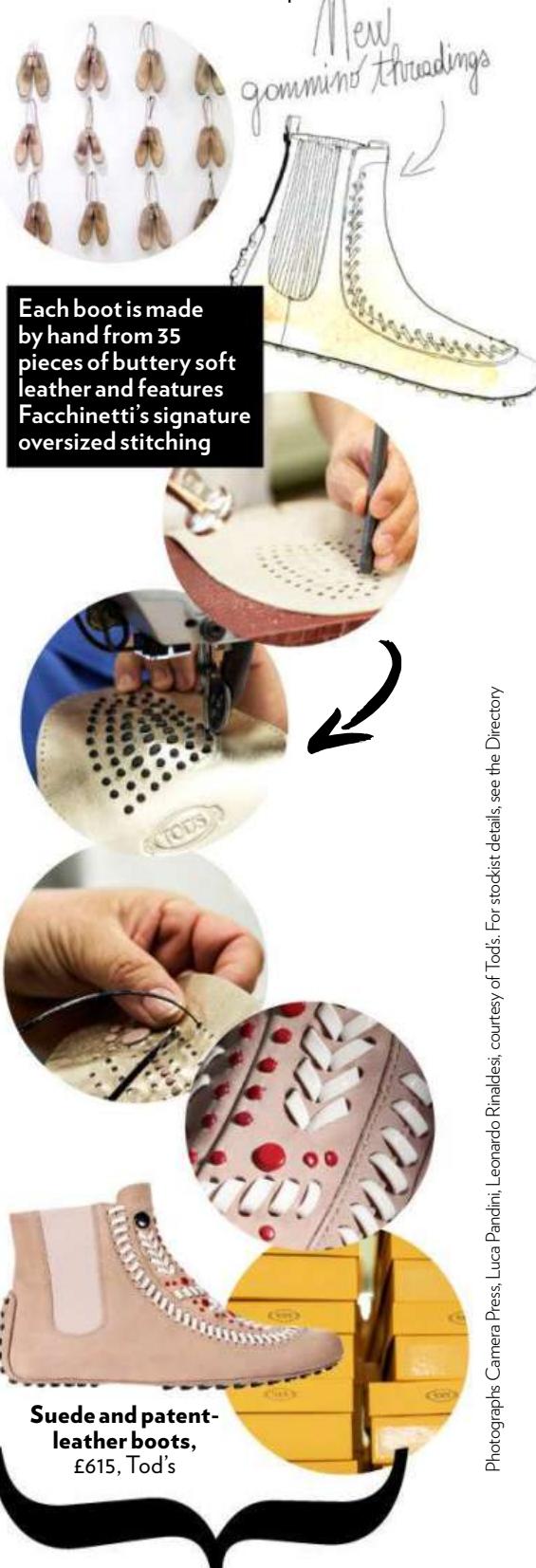
'In many ways, Tod's isn't just a fashion brand. Here, you don't just buy something for one occasion. There's this idea of the long term and making it relevant to the way women consume. Isn't that something women want today?'

Tod's really couldn't have chosen better. ☺

See our edit of the 50 best A/W15 boots at [REDONLINE.CO.UK](http://REDONLINE.CO.UK)

## BOOT APPEAL

When moccasin meets Chelsea boot... the iconic Gommino bootie is a masterclass in fine Italian craftsmanship



Photographs Camera Press, Luca Pandini, Leonardo Rinaldesi, courtesy of Tod's. For stockist details, see the Directory



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WEEKEND STYLE

# LONDON V PARIS

Boyish boho or polished preppy, Tate Modern or the Grand Palais? Two women from two different cities share their off-duty habits

**Cotton shirt,**  
£29.50,  
M&S Collection

**Cotton shirt,** £28;  
**denim jeans,** £22.50,  
both Indigo Collection  
at Marks & Spencer

**Wool jacket,**  
£275, Isabel  
Marant Etoile  
at Liberty

**Leather shoes,** £165,  
Best of British at  
Marks & Spencer

**10ct gold and  
diamond earrings,**  
around £185 for one,  
Hirotaka

**Butter  
London**  
Nail Varnish  
in Artful  
Dodger, £12

**Leather  
bag,** £79,  
Autograph  
at Marks &  
Spencer

**Denim jeans,** £45,  
Lulu Kennedy for  
Indigo Collection at  
Marks & Spencer

**Leather  
trainers,** £310,  
IRO at Shopbop

**Glass vases,**  
from £45 each,  
both Marks &  
Spencer

## LONDON'S CALLING

**Karen Peacock, head of design for Per Una, Indigo, footwear and accessories at Marks & Spencer, is an urban bohemian – on rollerblades**

**IDEAL WEEKEND:** I am an early riser so I'll go for a quick run before breakfast. Then it's back home for pancakes with my kids who are seven and 12 (they make them, I just watch the chaos). We might go rollerblading in Victoria Park or see what's on at Tate Modern. The Haberdashery on Stoke Newington High Street is a favourite lunch spot. It serves the best fresh, seasonal ingredients in an eclectic, vintage setting. It's so quirky and unique.

**OFF-DUTY  
STYLE:** I live in jeans at the weekend – I like a slim

boyfriend cut so they look neat but relaxed. I'll wear flats or trainers and chuck my things in a cross-body bag. My style is boho with an urban edge.

Isabel Marant's checked blanket coat and a pair of Acne ankle boots in oxblood are top of my autumn shopping list.

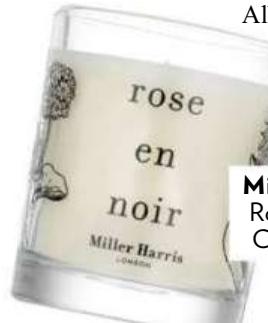
**ADDRESS-BOOK SECRET:**

Pam Pam on Bethnal Green Road – it's the UK's first women-only trainer shop. I'm also obsessed with jewellery by Hirotaka ([hiro-taka.com](http://hiro-taka.com)). I discovered it on a trip to New York, and wear the floating diamond earrings every day.

**TOP TIP:** I'm reading Viv Albertine's memoir *Clothes, Clothes, Clothes. Music, Music, Music. Boys, Boys, Boys* and I highly recommend it. »

**Wool-mix jacket,** £69;  
**denim jeans,** £29.50;  
**leather boots,** £59, all  
Indigo Collection. **Felt  
hat,** £25, Lulu Kennedy for  
Indigo Collection. **Leather  
bag,** £79, Autograph,  
all at Marks & Spender

**Clothes, Clothes, Clothes.  
Music, Music, Music. Boys,  
Boys, Boys** by Viv Albertine  
(Faber & Faber, £8.99)



**Miller Harris**  
Rose en Noir  
Candle, £40

# SHOP



**18ct rose gold, diamond and titanium necklace, around £303,** Ileana Makri at White Bird



## FRENCH CONNECTION

**Morgane Sézalory, founder of French fashion and lifestyle e-boutique Sézane, which launches in the UK this month, shares her treasure-hunting secrets**

**IDEAL WEEKEND:** Hanging out with my husband and 11-month-old daughter, Nina. We'll take a trip out to the Vernaison flea market in Saint-Ouen and hunt for vintage finds – there are some magical pieces. Or we might go to La Butte-aux-Cailles, a little villagey area on the Left Bank in the 13th arrondissement. It's not very well known but has great places for lunch. Afternoons are spent with friends in the Luxembourg Garden eating ice creams from Berthillon, the best in Paris.

**OFF-DUTY STYLE:** My style is casual with a twist, a pared-down

version of my work wardrobe. I live in printed shirts and leather trousers – Joseph is my favourite but Maje has great styles, too. I love hats, particularly the trilbies by Maison Michel (available at Matchesfashion.com) – they come in such beautiful colours and are so stylishly packaged.

### ADDRESS-BOOK SECRET:

Tucked behind the Rue de Rivoli in the 1st arrondissement is White Bird, a treasure trove of fine jewellery. It's a cool, cosy space where kids are welcome. There's a sofa area for partners, too, so you can relax and explore.

**TOP TIP:** Check out the *Picasso.Mania* exhibition, which opens at the Grand Palais this month, until February 2016. I'll be first in line. ☺

**Notecards, £10 for five,** Sézane  
**Essie Nail Polish in Borrowed & Blue, £8.95**

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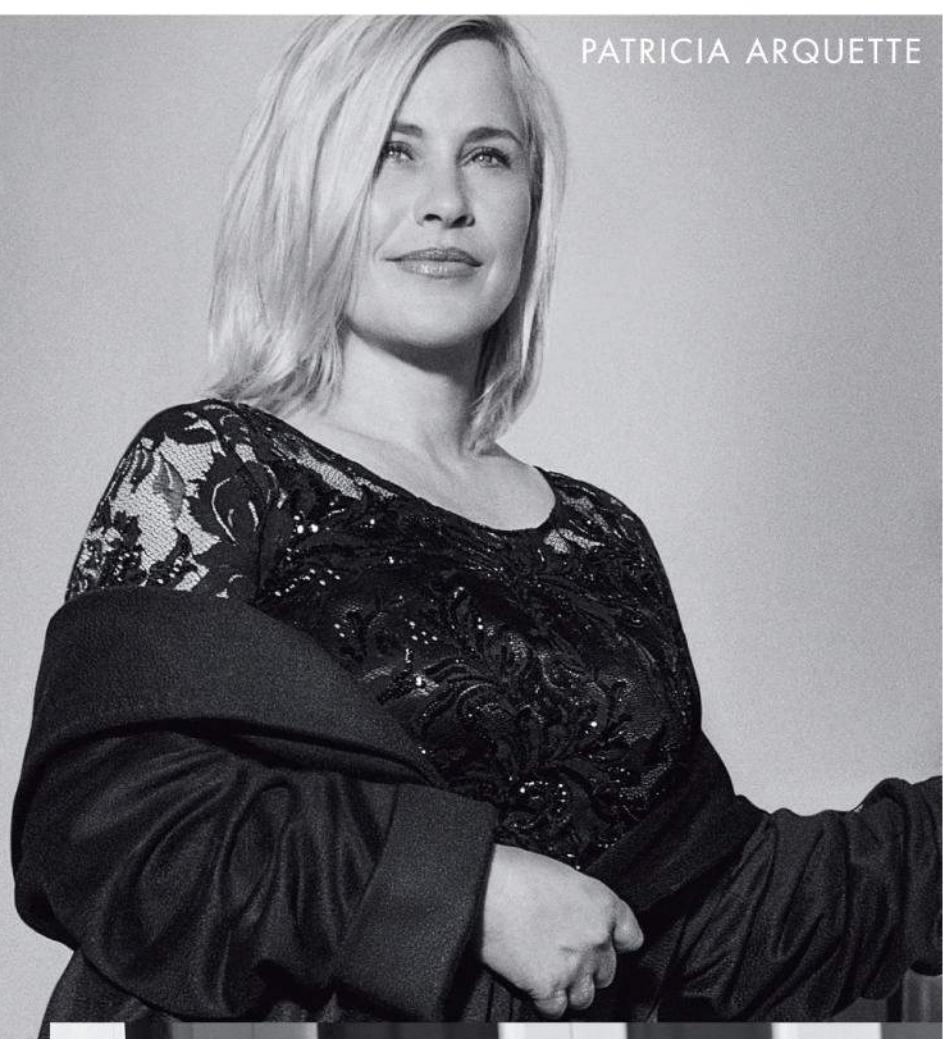


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# SHOP

# FASHION NEWS

**18ct white gold earrings, £3,400, Chanel Fine Jewellery**

## THE WORLD OF CHANEL

Chanel has chosen New Bond Street in London as the home for its new fine jewellery boutique, opening later this year. Inspired by Coco Chanel's Parisian townhouse, where she worked and entertained (heading to The Ritz hotel over the road to sleep), the store will hold exclusive pieces specifically designed for the launch.

Coco Chanel in 1937; still inspiring new ideas



Style influencer and friend of Chanel Laura Bailey (right) picks her favourites from the collection: 'I love jewellery that feels exotic and evocative but is also a part of me and my style. I'm drawn to the easy nonchalance of personal treasures mixed with denim and vintage everyday classics.'

Chanel Watch and Fine Jewellery Boutique, 173 New Bond Street, London W1S 4RF

**18ct white gold and gold ring, price on request, Chanel High Jewellery**



**18ct gold ring, £3,150, Chanel Fine Jewellery**

**18ct white gold and diamond necklace, price on request, Chanel High Jewellery**

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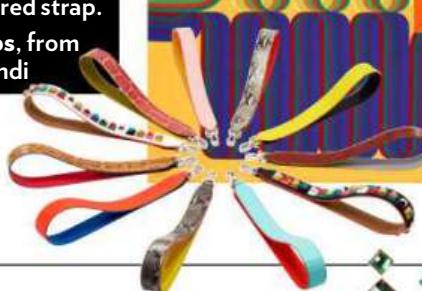
## DON'T MISS IT...

The history of Chanel will be put on dazzling display in a new exhibition held at the Saatchi Gallery in London's Chelsea. From Coco Chanel's original ground-breaking designs in the 1930s – including the 'Bijoux de Diamants' (High Jewellery) – to the exquisite Haute Couture collection and how the label has evolved under Karl Lagerfeld, head designer and creative director since 1983, it's a celebration of one of the fashion world's most impressive brands. October 13th-November 1st; [mademoiselleprive.chanel.com](http://mademoiselleprive.chanel.com)

## ARTY ACCESSORIES

From 3D detailing to vibrant print, an artistic mood is emerging this season...

'Strap you' is the new accessory from Fendi, now at the top of our wish list. Give a simple bag an arty twist with an embellished, printed or brightly coloured strap. Leather straps, from £300 each, Fendi



Hermès has teamed up with artist Julio Le Parc to produce a series of scarves. These one-off pieces are works of art intended to hang on your wall as well as tie around your neck.

Silk scarves, price on request, Hermès

## BALMAIN X H&M

It's been a long wait but finally H&M has revealed its latest designer collaboration – and it's a biggie. Balmain x H&M brings us powerful silhouettes, intricate embroidery and sharp tailoring. Expect queuing overnight. Available in selected stores worldwide and online at [hm.com](http://hm.com) from November 5th

**Suede boots, £199.99**



**Glass earrings, £24.99 each**



**Wool blazer, £79.99**

**Faux-fur jacket, £79.99**



*Balmain AW15*

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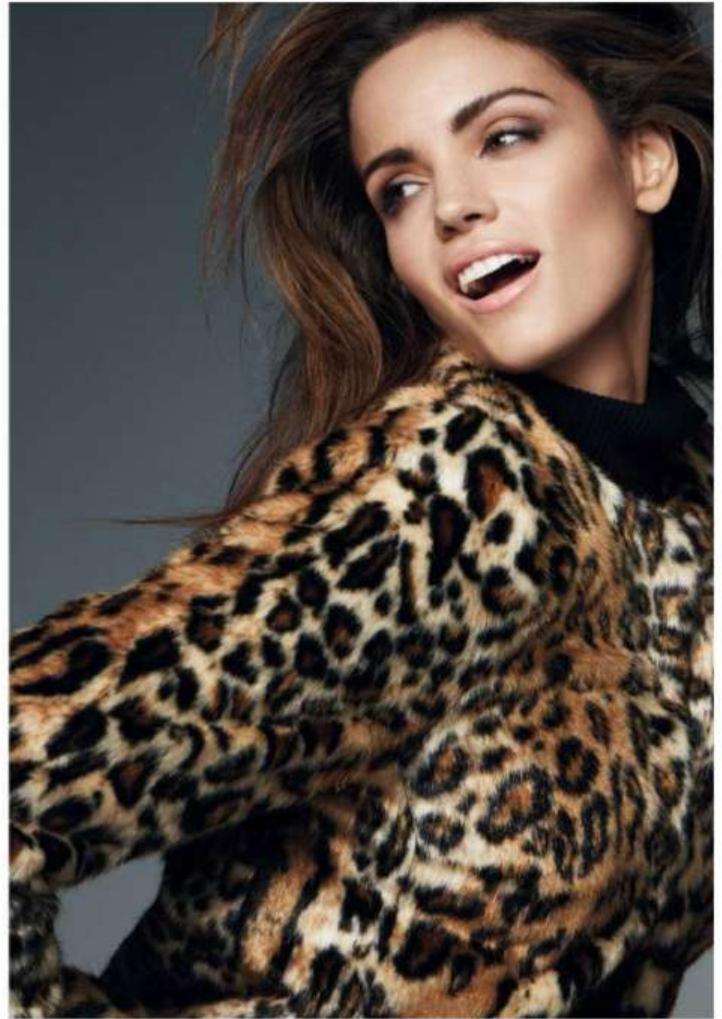


Photograph Getty Images. \*Terms and conditions apply

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# THE BODY SHOP®



ROSIE GREEN

# Come dine with Green?

You might just want to be busy that night, admits our columnist

**'TWO TESTICLES OF MOZZARELLA'** says Alpha Male. He's holding the bag aloft triumphantly, signalling his proud return from the onerous dinner-party shop.

The next foodstuffs to be presented (this could take some time) are rock-hard avocados, which, if they were to strike a temple, would almost certainly cause immediate death. I point to the addendum at the bottom of the shopping list relating to item 32 (said avocados) that clearly states they must be soft under the thumb. But AM doesn't care. He's lost focus and is mainlining tonight's Parma ham like a Weimaraner from Overeaters Anonymous.

You see, AM does not hold truck with such pedantic food selection. He all but eye-rolls when I tell him in 2015 tomatoes must not be vine, not cherry but instead 'heritage' and of a green, orange or yellow hue. I should have learnt his culinary decision-making was not to be trusted when I sent him out a couple of years ago to buy a tarte tatin from the deli for our chicest friends. Finding that establishment closed, he instead went to The Co-op and made a (non-sanctioned) substitution for a, ahem, Viennetta.

One packet of prosciutto crudo down and he faux-casually asks if we (I) have made tonight's meal before? He's no doubt thinking of the sodding poussins that shrunk to the size of malnourished sparrows (a morsel of meat with your couscous?) or the baba ganoush that looked like whale semen. Then there was the red prawn and mango curry courtesy of *Nigella Express*, which I only realised was lacking the curry paste and other vital ingredients when I passed them sitting on the counter as I took the dishes to the table. Seafood slurry? Bon appetit!

Every time I invite people over I think this dinner party will be different. I will make something exceptional that will have people rethinking their preconception of me as a dinner-

party doofus. Upon my guests' arrival I will be serene and gracious and will not have hair smelling of salmon.

AM is sensing the wheels might be about to come off. I'm now sweating as my brownies refuse to set, panicking over a still-unthickened sauce. Then I'm opening the dishwasher mid-cycle for the one and only sharp knife and getting a whoosh of steam that makes my eyeliner run and my hair gorgeously stringy (think the Orcs in *Lord Of The Rings*).

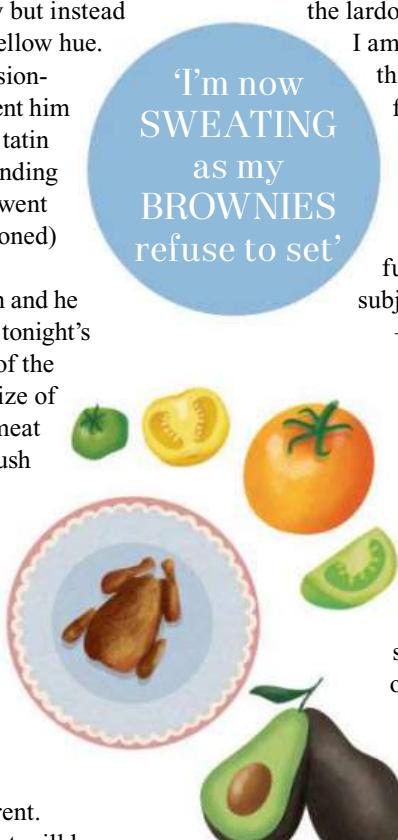
I start directing AM to 'show-home' the house and join in frantically stuffing clothes, toys and under-eights into under-stairs cupboards.

The smoke alarm is going off. AM is picking out the lardons from couscous (vegetarians...) and I am wondering if the toast for the bruschetta that's only ever so briefly touched the floor is okay to serve? Affirmative, says AM. I panic-text M, 'Can you bring four forks, a chair and the ginger? (The spice, not your middle child.)'

The next few hours pass in a wine-fuelled blur. We've avoided contentious subjects and all guests manage to stay awake – a win as my cousin Tom is famed for falling asleep, often slumped forwards for the entirety of one course like the dormouse in *Alice*. He tells me he has developed a tactic to avoid this: strategic toilet trips (though this, he whispers, can sometimes backfire).

Midnight creeps up and to my delight nobody has lost a crown on the avocado, nor mentioned the sloshy white sauce. And nobody seems to be showing any outward signs of food poisoning. Hurrah. It's only when the departing guests gather in the hall, balancing their haul of spices, chairs and forks, that we all notice something is awry. 'Tommmy????'

Read more from Rosie at [REDONLINE.CO.UK](http://REDONLINE.CO.UK)



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JOJO MOYES

# The end of a fitness affair

Daily stats, calorie counting and 'sadface' emoticons... just a few of the reasons why author Jojo Moyes fell out of love with her tracker



**LAST CHRISTMAS, MY HUSBAND GAVE ME A JAWBONE**, one of those fitness-tracking wristbands worn suddenly by... oh, everyone. (Before you start hurling burnt brassieres at him, I'd asked for one; after 17 years of marriage he is well aware the only correct response to 'How do I look?' is 'Amazing!').

As a writer, I spend way too much time sat at a desk. I liked the idea of a gadget that forced me to get up and walk around. And I knew at least two women whose bodies had changed shape as a result of their commitment to their little rubberised bracelets. This would track my movement, food intake and sleep. It was going to be like having a 24-hour personal trainer, albeit one that matched my jeans.

I charged it up on Christmas Day, dutifully logged my Christmas lunch – wincing at the resulting calorie count – and prepared for metamorphosis. I would be mindful of snacking! I would no longer see eight hours' writing at my desk as an achievement! I would laugh at a 10,000 steps daily target!

Like the best love affairs, my obsession was swift and total. I logged my sleep cycles, waking my husband to show him how often his snoring had woken me. I religiously entered what I ate, counted my steps and compared totals with friends.

It was maybe three months when the first misgivings kicked in. It started with the 'motivational' messages. If you don't get enough sleep, the last thing you want is to be told cheerily you need more. 'Skimping on sleep can shorten your life!' it would chirrup. Yeah, thanks for that. 'A quick siesta can improve mood, alertness and performance!' I'm sure it would. So would a full-time nutritionist, lips like Angelina Jolie's and an extra two hours in the day. Back off, buddy.



"**You hit your GOAL zero times, Jojo.**" To which I'd find myself **YELLING** at my phone'

But then, oh God, came the weekly 'sadface' emoticons. 'You hit your goal zero times, Jojo.' To which I'd find myself yelling at my phone. 'I had deadlines, okay?'

It was at that point I realised my relationship with my wristband may have become a tad skewed. Now I would total my steps each night and mutter, 'Yeah? So what?' in the manner of a recalcitrant teenager. I started to find its questions creepy: 'It looks like you were really moving. Tell us what you were doing!' I stopped

entering my food consumption, having suddenly realised the tracker's faceless corporate HQ now knew more about my domestic habits than my GP.

I soon became secretly obsessed with the idea that if it could track sleep and movement, then my wristband could also tell when I was having sex. I pictured an office of shiny Californians, gathered around my statistics: 'Look, people – she only burned 82 calories! She's doing it all wrong!' I began removing my Jawbone for – um – intimate moments. And then felt vaguely annoyed because they wouldn't count towards my activity levels.

I don't know when I finally fell out of love. Maybe it was being reminded daily that a 12,000-step, eight-hours-sleep and spinach-smoothie lifestyle was never going to be compatible with my life. My tracker no longer felt

motivational. It felt like a repeated admission of failure.

When I developed a rash on my wrist I took it as a sign. My wristband now lives in the bottom of my work bag. I took it off two months ago and immediately lost one ounce. Easy! Now the daily messages I receive are slightly forlorn texts that tell me, 'Your device is not synced to your phone.' To which I answer, 'Nope, you're right, it isn't.' And guess what? I feel GREAT. After You by Jojo Moyes (Michael Joseph, £20)

Join the conversation on Twitter @jojomoyes @RedMagDaily



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**Drama queen**

**Organza dress**, price on request, Luisa Beccaria.

**18ct gold and diamond bracelet (top): platinum, diamond and enamel bracelet**, both price on request, both Tiffany & Co

RED ICON

# TRULY, DEEPLY, HELENA

A strong sense of self, a brilliant talent and a dirty laugh – there's something magical about Helena Bonham Carter. She tells Maggie Alderson why it's important to say hello to everything in life »

*Photographs JONTY DAVIES Styling LAURENT FRANKS*



## The many faces of Helena

**Nylon-mix dress, £440, La Perla. Platinum, diamond and green tourmaline necklace, price on request, Tiffany & Co. Accessories, Helena's own**

# C

elebrity crush alert. In several decades of interviewing megastars, Helena Bonham Carter is my new number-one favourite. I want her laugh as my ringtone.

She is so easy to talk to, you forget that you're in the sometimes-awkward interview situation, with its confused power dynamic. And that's after spending a rather extraordinary afternoon in one of the most fabulous suites in London, at the Corinthia Hotel, as the *Red* team shoot her for the November cover. It isn't just that the suite in question has a roof terrace with a hot tub overlooking Admiral Nelson, or that it has its own backlit curved staircase... But when Bonham Carter arrives – with boxes and boxes of her own hats – you know something *different* is going on. She's fun and playful, even taking a bath later that afternoon. Several of the crew remark that the shoot has an atmosphere unlike any other – and they all love her.

The music she puts on from her own playlist to get in the zone for the shoot is so magical that you expect a unicorn to walk through the room at any moment. Yet even after all that, when the rest of the crew have left and the voice recorder clicks on, you find you are just happily chatting, woman to woman, megastar-legends status forgotten. Being offered Bonham Carter's pot of lip balm after she's used it, so I could have a dab (I did), certainly adds to that feeling. And if she is 'acting' the interview, as some big names definitely do, she deserves a third Oscar nomination for it (her other two were for *The King's Speech* and *The Wings Of The Dove*).

The only time her beautiful face loses its open and engaged expression during our hour-and-a-half exchange is when I mention the word 'eccentric' and how it's often applied to her. 'I don't really think about it in all honesty,' she says, quickly recovering herself. 'I gave that up a long time ago. I suppose it's a compliment – better than being bland. But most people who know

me say I'm pretty down to earth, I'd say...' Pause. Rifle in handbag. Rustle, rustle. Hand reaches out holding something brightly coloured. 'Would you like a Mentos?'

Chewing happily on the fruit variety of that particular brand of sweets during the interview is just one of the many ways Helena Bonham Carter is not like other film stars. Absent-mindedly tucking the skirt of her long black jersey dress into the bottom of her knicker legs, as she struggles to open the windows of the hotel suite on an unusually hot and muggy London day, is another.

But it's not eccentricity that makes her behave like this, just a wonderful absence of affectation. Helena Bonham Carter CBE (for services to drama) is very comfortable in her own skin. And what beautiful skin it is. The creamy ideal of the Edwardian characters she is so often called upon to play.

So what is it that has enabled her to stay so easy and natural like this after a stellar 30-year international career, across an amazing spread of characters – the exquisite English young ladies in Merchant Ivory's period pieces, an adored real-life royal in *The King's Speech*, a psychotic imaginary one in *Alice In*

*Wonderland*, Miss Havisham (at age 46) and a, er, chimp in *Planet Of The Apes* – in an industry so notorious for warping the sense of self? Was it sticking with her roots, I ask her, living as she still does in the area of north-west London where she grew up and went to school, with her beloved mum nearby. 'I think my parents kept me grounded,' she answers, 'and without being Pollyanna-y, I think that was my biggest privilege, because they were very good at being parents, which not many people are. As I have discovered myself.' Cue

that laugh: so dirty, delighted and uninhibited.

As well as keeping her safely rooted in a normality unimaginable to her LA-resident peers, Bonham Carter's illustrious family (it was no accident she used the word 'privileged' when referring to it: she is a British aristocrat on her father's side; a European one – across several countries and dynasties – on her mother's) is also entwined with her career to an unusual degree. It has »

My parents kept me GROUNDED and that was my biggest PRIVILEGE, because they were GOOD at being parents, which not many people are



RED ICON

# RED ICON



been well documented that she sometimes calls on the professional skills of her mother, Elena Propper de Callejón, a qualified psychotherapist, to understand the psychological motivation of her characters when preparing for a role, but in her latest film, there is a family connection that is nothing short of extraordinary.

*Suffragette* is a powerful and profoundly moving drama showing how working-class women were radicalised in the militant campaign for women to get the vote. Bonham Carter plays Edith, a character based on a combination of real women, who recruits and trains the suffragettes. The film is set in 1912 and the prime minister of the time, Herbert Henry Asquith, was Helena's paternal great-grandfather. »

**Happy in her skin**

**Slip**, Helena's own.  
**Bracelets**, as before

A full-page photograph of a woman with blonde hair, wearing a flowing, light-colored gown, walking through a city street. The background shows blurred city lights and architecture, suggesting motion and urban life.

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# RED ICON

Yep. That close a connection. His eldest daughter, Violet, was Bonham Carter's grandmother, who she says she remembers vividly. What's complicated is that both of them were strongly against the suffragette cause. 'It was bizarre for me having this sort of posthumous conversation with my ancestors,' she says. 'With my great-grandfather – who up till then I always viewed as, oh, a Liberal, great, a goody – and then I'm put in this role where I basically have to target him. Sadly it was cut, but there was a scene in the film where I'm throwing horse dung at my great-grandfather outside the House of Commons...'

This provokes another of Bonham Carter's infectious roars of laughter, but then she becomes more serious. 'It had always been a source of curiosity, but I hadn't really delved into it, until I did this, as to exactly why they were anti-suffrage,' she says. 'It seemed totally anti-liberal to not be into giving women the vote. I think it's that they looked the other way really. When I met Emmeline Pankhurst's great-granddaughter, Helen, I said, "I'm really sorry..."'

**A**s well as re-examining her own family's direct involvement with the subject, the experience of filming *Suffragette* has made Bonham Carter think more about what women's rights mean and what she wants to tell her seven-year-old daughter Nell, from her relationship with Tim Burton, about the subject. (They also have a son, Billy, who is 12.) 'I certainly didn't know enough about the issues – I wasn't aware of the lengths to which these women went,' she says. 'We weren't taught it at school and cinematically you only get *Mary Poppins* [with a middle-class mum striving for the vote]. So you don't think about hunger strikes and violence, nor the reasons behind it, the need for action. Not only did women not have the vote, but we had no rights, at all. We – and our children – were the property of our husbands and



ABOVE: Bonham Carter with her mum Elena in 2014  
ABOVE, RIGHT:  
Starring in new film *Suffragette*



With former partner Tim Burton in 2013



this is just 100 years ago. So they are smashing windows, but they had to be heard.'

But while it's clear the close connection between the film and her ancestors made filming it a profound experience for her, it's by no means the first such coincidence between Bonham Carter's professional life and her family history. Indeed, there are so many links between her and the Edwardian era – including her predilection for wearing whimsical hats and fascinators

(like the 10 or so she brought along to *Red's* shoot – she admits herself, it can almost seem uncanny).

'One time I'd just come back from making a film in Italy and Dad was editing Violet's letters, so I randomly picked up a postcard she'd written to her husband in 1912 and it said: "I've just been staying in this beautiful monastery-turned-hotel..." – which was the exact place where I'd just been staying. Then it went on: "And I've just read Edward Morgan's latest, *Howards End*, you must read it." Isn't that bizarre? She knew EM Forster. Isn't that too extraordinary?' As her granddaughter was propelled to international fame for her roles first in *A Room With A View* and later *Howards End* – both based on novels by EM Forster – yes, it is extraordinary.

The links also extend to her personal life. A few years ago, when she was looking for a country house to buy, her brother tipped her off that a very special place in

Oxfordshire was up for sale – it was Mill House, which for many years had been Asquith's retreat. 'We went to visit it and I definitely felt there was a feeling of a warm hug walking into this place. I just thought, "Well, of course we've got to be here..." and we bought it. Then >

The mark of a **SUCCESSFUL** relationship shouldn't be whether you're there **FOREVER** **AFTER**. Sometimes you're not meant to be forever together

ISSEY MIYAKE

L'EAU D'ISSEY



# RED ICON

Tim bought lots of dinosaurs, which are in the garden and suit it.'

Ah, Tim... Mr Burton. Handy she brought him up first, because I was worried the good humour of the conversation would be jeopardised when I did. The pair announced their separation in December 2014 after 13 years together. How is all that?

After a moment's hesitation and a perfectly reasonable explanation why she can't talk about it – private life is private, for the sake of their two children, etc – she manages to describe the experience of the separation, giving genuine insight, without indiscretion. 'I could write a thesis on what's happened and it is all-absorbing when a relationship breaks down, but I think we're coming through it, and I think we'll have something very precious still. Our relationship was always somewhat special, and I think it'll always remain special. We did find each other.' She pauses to think for a moment before continuing. (And I have a moment to reflect what a beautiful sentence 'We did find each other' is.)

'And really, the mark of a successful relationship shouldn't be whether you're there forever after. Sometimes you're not meant to be forever together. Sometimes you have to come to terms with the fact that was it. But that was a gift, a massive gift. We gave each other children and a lot more else. And we might be better, and still be able to give to each other, but not necessarily living together. Which we did by the way, because everyone seemed to think we didn't, but that was a load of myth.'

Another blow to the eccentricity label. So may it now go on the record: Helena Bonham Carter and Tim Burton own two houses next to each other, which are connected and lived in as one house – no bat-filled tunnels. But while that may be a tabloid beat-up, she does casually mention that there is a shepherd's hut she had attached to the back of the house, to be Nell's bedroom... And a recreation of the wardrobe leading into Narnia. And not forgetting an old red pillar box the children use to post 'Suggestions and Complaints'.

So imaginative, certainly, and theatrical, very – but the E word? Bin it. What is eccentric about actively inserting a bit of magic into your life? Something she is determined to continue doing as the dreaded 5-0 looms on next year's horizon. 'We're getting dilapidated, but you can't control that, so why worry? I'm more



CLOCKWISE, FROM LEFT:  
With Julian Sands in the 1985  
film *A Room With A View*; as  
the Red Queen in Tim Burton's  
*Alice In Wonderland*; with Colin  
Firth in *The King's Speech*



At the London  
premiere of  
*Cinderella* in March

I'm going to say  
**HELLO** to my 5-0  
– otherwise when  
I'm 60 I'll be going,  
'Oh, you should've  
**ENJOYED** your fifties'

conscious of the kids' childhood going, because that goes so fast, it's a bit like watching one of those time lapses. There's no pressing pause. You've just got to say goodbye all the time, but also say hello. You must remember to say hello. So I'm going to say hello to my 5-0 – because otherwise when I'm 60 I'll be going, "Oh, you should've enjoyed your fifties."

This genuinely positive outlook is all the more admirable when she explains she learned it from the hard things she's experienced, which have included the death of four close relatives in a car crash, and her beloved father being left quadriplegic and partially blind after surgery on a brain tumour, when she

was just 13. 'Once you're through the suffering bit,' she says, 'you can see life with a sense of proportion and you shed a lot of worry. You grab fun quicker. If you've been through really hard times, when you come through there's an easier ability for joy.'

And that's exactly what Helena Bonham Carter is. A joy. *Suffragette* is in cinemas on October 12th

Read Helena Bonham Carter's best life quotes at [REDONLINE.CO.UK](http://REDONLINE.CO.UK)

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Don't look like me  
look like you

## START-UP

**Emma Cerrone, 38, co-founder and CEO, Freeformers**

In her mid-thirties, Cerrone, who was working in a communications agency, decided to give something back. 'I wanted to change the view that you had to be a business *or* a charity. In fact, you can be both.' Cerrone co-founded Freeformers in 2012, with the belief that everyone deserves to be part of the digital world. The premise is wonderfully simple: for every businessperson they train to be digitally savvy at a big brand (Sky, Bloomberg and the BBC are all on board), they teach a 16- to 25-year-old for free. 'There's an incredible talent pool out there – our job is to unlock their confidence.'

**What's the key to running a successful start-up?**

'The challenge is to take moments to stand back and reflect, but also know when to get hands-on with it, too.'

**And your best piece of advice?**

'Be focused. When you're having wobbles, you've just got to back yourself.'

**The judge's verdict:**

'Emma has shown over and over that talent just needs fertile soil and respectful support to flourish'

*JUDE KELLY, ARTISTIC DIRECTOR,*

*SOUTHBANK CENTRE*



# HEROINES, *trailblazers,* PIONEERS

Our *Red* Women of the Year winners, in association with Clinique, are an exceptional bunch. Join us to celebrate their audacious achievements – our world is a better place with them in it

*Words NATASHA LUNN Photographs LIAM DUKE*

## PIONEER

**Eleanor Stride, 35, professor of engineering science, University of Oxford**

Part scientist, part engineer, Stride is a true pioneer whose work has the potential to change all our lives. How? By making better use of chemotherapy drugs to alter the way cancer is treated. 'A lot of drugs work brilliantly, but we're very bad at getting them to the right place,' Stride explains. 'So we put the drugs into a tiny, squishy bubble and use ultrasound to direct it to where it needs to go until we pop the bubble in exactly the right place.' She hopes this process will reduce the debilitating side effects of chemotherapy, as well as utilising some drugs that are currently too toxic to use. In other words, Stride and her microscopic bubbles are packed with life-changing possibilities. Her favourite part of the job? 'When an experiment that's taken you nine months to set up works the way you want it to. That's an extraordinary feeling.'

**What makes a smart woman?**

'Being confident that you're good at your job and not worrying whether you are a woman or a man, or what age or colour you are. Just doing something you absolutely love.'

**What's the one thing you want to achieve next?**

'I want to see the work we're doing move forward into a clinical trial, as quickly and safely as possible, so that it can truly benefit patients.'



*The judge's verdict:*

'Our children need women like Eleanor to see that being an engineer can make a **HUGE DIFFERENCE** to the world – that studying STEM subjects is **COOL** and that relieving pain and suffering is an **AMAZING** goal' »

**HARRIET GREEN, FORMER CHIEF EXECUTIVE OFFICER, THOMAS COOK**

## DIGITAL

**Jen Hyatt, 56, founder, Big White Wall**

She jokes she's 'unemployable' but Hyatt's zeal for digital innovation is helping transform the lives of those facing mental-health challenges. In 2007 she launched Big White Wall (BWW), an online community that enables people who are anxious, down or not coping to share their issues in a safe environment, backed up by mental-health professionals. It means members can get support any time, anywhere. Since BWW began, more than 35,000 members have gone on to recovery and the NHS formally endorsed it this year. Hyatt says, 'Everybody is touched by poor mental health, either directly or through friends and family. But 50% never go near their doctor for fear of stigma, so we all know someone who could benefit from reaching out like this. My father was a lifelong depressive and I believe if Big White Wall had been around he'd have relied less on medication.' The company is growing all the time, and last year launched in the US (where it's thriving). As for Hyatt's next project? 'I think there's masses more we can do in education, law, social work and healthcare.'

Watch this big white space.

**What's the best piece of advice you've ever been given?**

'Don't give up when something feels like it's failing. Look closely and there's always another opportunity.'

**And your highlight so far?**

'Being endorsed by the NHS. I'm thrilled at how they've embraced BWW and the potential it offers.'

### *The judge's verdict:*

'Jen is proving that we can use the digital world to change people's lives for the BETTER, and that it's possible to bring about SOCIAL CHANGE via technology'

SARAH CHAMPION, LABOUR MP FOR ROTHERHAM



Jen wears: jacket, Hugo Boss at Harrods. Shirt, Amanda Wakeley. Trousers, Chloé at Browns. Boots, Russell & Bromley. Bridget wears: Top, Bella Freud. Skirt, Alice and Olivia at Net-A-Porter. Shoes, Russell & Bromley

## CREATIVE

**Bridget Christie, 43, comedian,  
author and actress**

Christie is a true game-changer in the world of comedy. Not only does she create hilarious material, but all of it shines a light on prejudice and inequality. A rare balancing act. From her debut book about experiences in stand-up comedy, *A Book For Her*, to her much-applauded 45-minute show at Edinburgh Fringe this summer, her work this year has made audiences both weep with laughter and want to go out and make a change in the world. Her tips for fledgling comedians? ‘Work hard, gig all the time and don’t try to be someone you’re not. Be brave. Your uniqueness is what makes you interesting and sets you apart from everyone else.’

**What's your proudest moment?**

‘I have two – when my children were born.’

**And your best piece of advice?**

‘Get the job first, then worry about whether you can do it or not. Obviously, this only applies in my line of work – not in medicine or the law or science or structural engineering or pretty much any other profession.’

### *The judge's verdict:*

‘Bridget has found an amazing accessible place between radical feminism, practical action and brilliant comedy. She is brave, funny, fearless, wise, modern, determined and pioneering – and does all this in a thick West Country accent’ »  
**EMMA FREUD, BROADCASTER,  
WRITER AND JOURNALIST**





### *The judge's verdict:*

'Diana is formidable, passionate and caring – the world is a safer place for women because of her, and the tremendous work she does'

SARAH CHAMPION, LABOUR MP  
FOR ROTHERHAM

## COMMUNITY/CHARITY

### Diana Nammi, 50, founder and executive director, Iranian and Kurdish Women's Rights Organisation (IKWRO)

Everything Nammi does is underpinned by her fundamental belief that we should not use culture to justify violence against women. She founded the Iranian and Kurdish Women's Rights Organisation in 2002. It now has 20 staff, and last year helped 800 women at risk of honour-based violence face to face, plus another 2,500 over the phone. How? By providing emotional support (through counselling), practical advice (via solicitor introductions), safe spaces (through local councils or refuges) and ultimately empowering them to rebuild their lives. In short, Nammi's work is vital. She maintains it has empowered her, too, even though she

has been threatened on the street because of her determination to speak out. 'As much as this work is sensitive and difficult, it's so rewarding when you see that a woman who came to us crying last year, with nowhere to go, is now campaigning against honour-based violence on the frontline. That brings a smile to my face every single time.'

### **What does being smart mean to you?**

'Not accepting unacceptable things. A smart woman is someone who stands up for her rights – and the rights of others.'

### **If you could change one thing in the world, what would it be?**

'I want to feel confident that if a woman tells a policeman, teacher, GP or counsellor that she is at risk of honour-based violence, they will believe and help her. We need to raise awareness so we can get to this point.'

## MEDIA

### Jennie Price, 55, CEO, Sport England

When Price commissioned research on the gender pay gap in sport, she discovered a barrier that united millions of women and girls: fear of judgement. 'I think we all have that rating system in our heads: "Am I good enough? Do I belong here?"', Price explains. 'I wanted to do something that empowered and celebrated women as they are.' And so she decided to use media to change perceptions. The result? The £10m This Girl Can campaign, launched in January, encouraging women to exercise more, whatever their shape or ability. Women all over the world responded – 13 million people have now viewed the flagship film showing *real* women enjoying sport, and the United Nations selected it as the best health campaign by a not-for-

profit organisation at this year's Cannes Lions International Festival of Creativity.

### **What would you say to girls who think sport isn't for them?**

'Don't let anybody else tell you that you can't do this. What they think doesn't matter – it's what you want that counts.'

### **What's been your highlight?**

'Watching the film run on the advertising board at London's Waterloo station while women stopped and pointed at it – that was a real "pinch me" moment.'

### *The judge's verdict:*

'When it comes to health and happiness, we all know exercise is the magic bullet... and yet for so many women, confidence is a barrier. Addressing that with such powerful efficacy is Jennie Price's superpower' »

SARAH BAILEY, RED'S  
EDITOR-IN-CHIEF



Diana wears: Dress, Marina Rinaldi. Earrings, Links of London. Jennie wears: All items, her own

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## STYLE

### Lulu Kennedy MBE, **42, designer and founder, Fashion East**

Kennedy has fostered a cool and talented 'fashion family' over the last 15 years. Through Fashion East, a not-for-profit organisation dedicated to seeking out and nurturing the style superstars of the future, she has provided a support system for some of the most exciting names to emerge in fashion (Richard Nicoll, Roksanda Ilincic and House of Holland to name but a few). Her favourite part of the job? 'The thrill you get when everything comes together for a show, and you get lost in the moment. It happens when the clothes look great on the model, the venue works, the guests are into it, the bloggers are buzzing – those moments mean a lot

to me, because I know what they mean to the designers.'

#### **What does being smart mean to you?**

'Not trying to be all things to all people, because if you do that you just tie yourself in knots and end up unhappy. Everything comes back to your gut instinct.'

#### **And your best advice?**

'Don't try to control absolutely everything, because you can't. You have to trust the people who are working around you.'

#### **The judge's verdict.**

'Lulu has shown unwavering support in nurturing young designers; her pioneering contribution to Fashion Week has been paramount in cementing London as the ultimate destination for emerging talent'  
**STACEY CARTWRIGHT,  
CEO, HARVEY NICHOLS**

Lulu wears: Top, Isabel Marant at Liberty. Skirt, Maison Martin Margiela at Harvey Nichols Shoes, Saint Laurent by Hedi Slimane. Eliza wears: Jumpsuit, Phase Eight Bracelet, Maria Black Shoes, Christian Louboutin

## WOMAN TO WATCH

### Eliza Rebeiro, 22, **founder, Lives Not Knives**

When she was removed from school aged 13 for bad behaviour ('I wasn't a naughty kid, but I did voice my opinion on things I thought were wrong'), Rebeiro's teacher told her she would never be a success. A year later, after two of her friends were stabbed, she founded Lives Not Knives, an awareness campaign around knife violence, that today educates 10,000 children a year in over 150 schools. 'It was hard at that age to be told that you can't achieve anything. I wanted to prove people wrong.' Rebeiro has joined forces with everyone from the Home Office to the Department for Work and Pensions to educate young people on gang and knife culture, and also to mentor

16- to 24-year-olds into work. How does she change their mind-sets? 'By teaching them about everything from joint enterprise [that they can go to prison for friends' actions] to dealing with their emotions. A lot of these things might seem basic, but if you haven't got a family or support system in place then sometimes you need a helping hand.'

#### **What does being a smart woman mean to you?**

'Giving yourself the time to get to know and understand who you are, having a view and not being afraid to share it.'

#### **What advice would you give other young campaigners?**

'Love yourself more. And if you want to *really* change something, you have to be sure that it's still going to be your dream in a few years.' >

#### **The judge's verdict:**

'I like Eliza because she's full of fire, passionate, eloquent and knows how to turn something that seems like it's doomed into something positive'

**GEMMA CAIRNEY,  
DJ, RADIO 1**



A woman with dark hair, wearing a green coat with a large black fur collar, stands on a grassy hillside. She is looking off to the side. The background shows rolling hills under a cloudy sky.

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## SMART WOMAN, IN ASSOCIATION WITH CLINIQUE

**Georgie Bullen, 21, Paralympian  
and founder, Team Insight**

The fact that Georgie Bullen has been visually impaired since she was five (a rare condition means she sees the world in fragments) is probably the least interesting thing about her. Because Bullen is the definition of a smart woman. Bright, articulate, determined, charming and with poise beyond her years, she set up Team Insight after competing in the ParalympicsGB women's goalball team at London 2012, and discovering how hard it is to work when you have a visual disability. 'Employers just don't know how to deal with visual disability,' she says. 'Two thirds are unemployed. One of my goalball team-mates has a first-class degree and a master's and still couldn't get a job.'

Bullen saw the potential in goalball as a team-building tool. 'To play requires confidence, communication and empathy,' she says. 'The aim of Team Insight is to provide team-building training while breaking down barriers for the visually impaired in the workplace.' Since its launch in July 2014, Team Insight's client book (which includes O2 and Atos) has grown steadily. It won the Shell LiveWire Grand Ideas Award that same year, and Bullen has also gained official endorsement from the RNIB.

'I'm completely confident we are changing perceptions,' she says. 'My aim is that Team Insight becomes an organisation that stands out and is well known for disability awareness.' Bullen is also training with the ParalympicsGB women's goalball team in the hope of reaching Rio 2016. We say she should be running for Parliament – her skills and inspirational outlook deserve the biggest stage.

### **What does being smart mean to you?**

'Using negativity as motivation. At 13 my PE teacher told me I couldn't handle GCSE sport. Now I'm a Paralympian who is making my career out of my sport.'

### **And your Team Insight highlight so far?**

'Winning this award! Getting recognition that what you're doing is worthwhile and that people get it and are inspired by it.' ■



### ***The judge's verdict:***

'Georgie captures just what it MEANS to be a smart woman – intelligent and extremely talented. Her DETERMINATION in the face of adversity is an INSPIRATION to us all'

**JANET SAUNDERS, VICE PRESIDENT/  
GENERAL MANAGER, CLINIQUE UK**

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# BT: EMPOWERING WOMEN

Supporting young women in their career pursuits is just another venture for the telecommunications giants

**F**inding your place on the career ladder can be tough, especially if you're a young woman. That's why supporting women in business is a key priority for BT. Named as one of the Top 50 Employers for Women in 2015, BT encourages young women to pursue any career avenue they want to, especially 'non-traditional' roles, such as computing or engineering. By promoting and prioritising gender equality, diversity and inclusion, the company creates more opportunities for women.

In light of Inspiring Women In Sport, a new volunteer campaign backed by BT Sport which encourages schoolgirls to pursue a career in sport, we spoke to former British tennis number one, Anne Keothavong, about the importance of what companies such as BT are doing.

## **DO YOU THINK THE RATIO OF MEN AND WOMEN IN SPORT IS BECOMING MORE EQUAL?**

Sport is very much a male-dominated environment, and there aren't as many opportunities for young women. It's getting there, there are certainly more opportunities than when I started out, but it's not enough and we're still a long way off. We need to celebrate female athletes across all areas, in the media, business and sponsorship. Hopefully, in time, people can see what women can bring to the field.



## WHY DO YOU THINK IT'S IMPORTANT FOR WOMEN TO BE ENCOURAGED TO PURSUE A CAREER IN SPORT?

Young women should be made aware that they can aim for any career they want and that if they have the drive and really work for it, they can get there. From a personal point of view, sport certainly gave me the opportunity to develop self-determination and confidence. It gave me a voice and a way to be heard. You learn so much, to be a leader, to operate as a team, how to win and, most importantly, how to lose. It teaches you how to learn from your mistakes, to challenge yourself and that it's okay to fail. It's important not to be afraid of that in life.

We need to  
**CELEBRATE** female  
athletes across all  
areas; in the media,  
**BUSINESS** and  
sponsorship

## WHAT IS THE BEST ADVICE YOU WOULD GIVE TO WOMEN WHO WANT A SPORTING CAREER?

It's important to have strong female role models. One of the things I wish I had when I was younger is a female mentor. That's something I'm looking to become to other junior players who are coming through in British tennis. There were far more opportunities for men and I definitely felt more limited in my choices. That's something I want to change for young women. For any young girl, being able to talk to another woman is so important.

# WHY BT?

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## QUICK FIRE ANNE

### MOST INSPIRATIONAL SPORTSWOMAN?

Judy Murray has definitely inspired me; she's really raised the profile of women in sport.

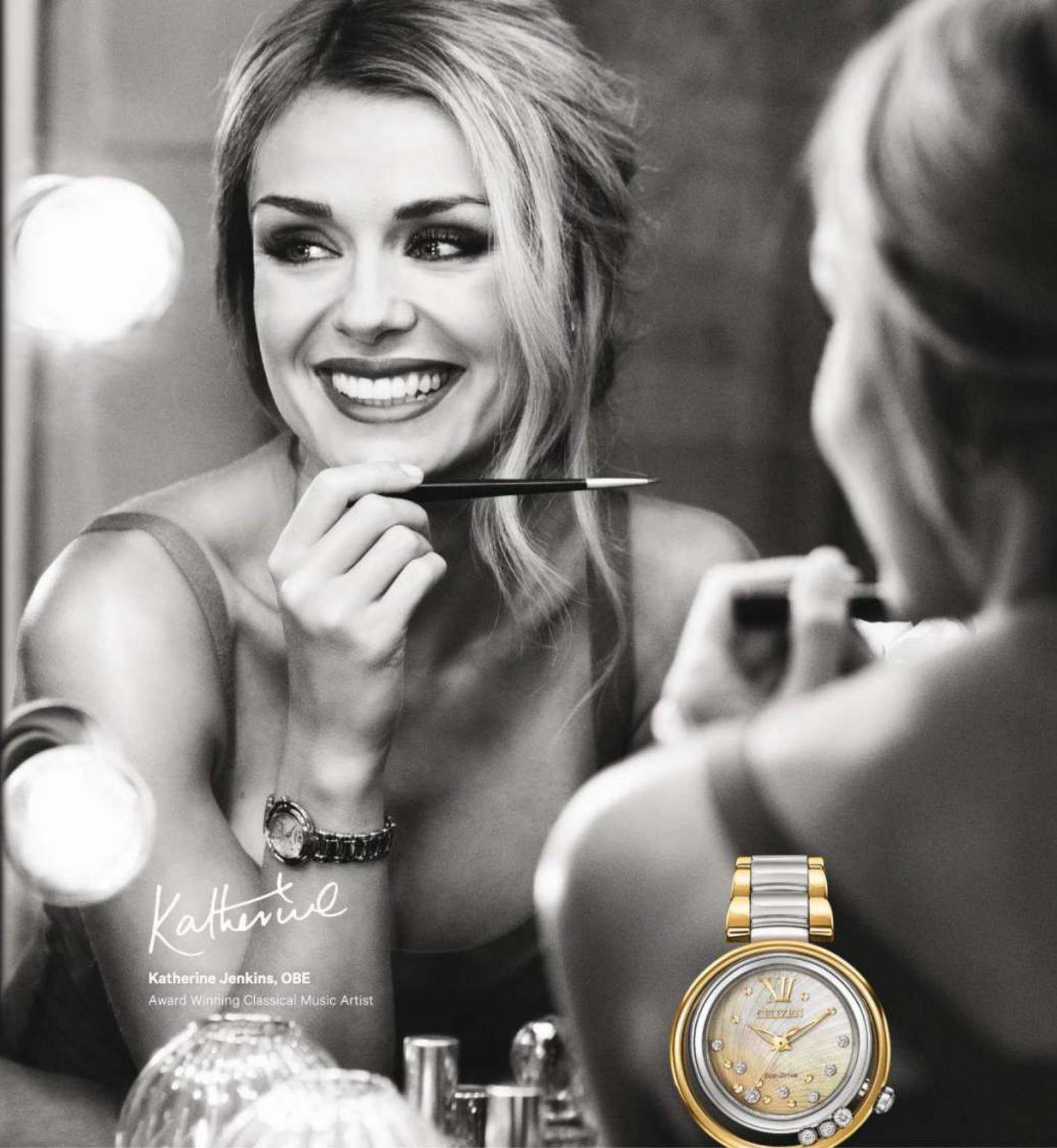
### HAPPIEST MEMORY?

My wedding earlier this year and being the youngest person ever to represent Great Britain in Fed Cup.

### TOP TENNIS TIP?

Practise as much as possible, play to your strengths and never give up working on your weaknesses.





Katherine

Katherine Jenkins, OBE

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*Masterpiece* by Roy Lichtenstein, 1962

# POW! THE ART OF FLIRTING

Lifelong failed flirter Marianne Power leaves her comfort zone far behind at flirt school, and discovers the fun to be had when you lighten up

There's a cartoon doing the rounds on Facebook; it's about flirting. In one picture, titled 'How people flirt', there's a girl batting her eyelashes, with the caption: 'Hey, hot stuff...' In the next box, entitled 'How I flirt', there's a picture of a terrified-looking girl talking to a guy and saying, 'So, do you like cheese?'

I am the cheese girl. As an ex-convent-schoolgirl, the art of flirting has totally passed me by. Faced with someone I like, I freeze and either say something stupid or run away.

But I'm fed up of being so uptight – which is why I am enrolling in Cate Mackenzie's flirting workshop. A 'love coach' and psychosexual therapist, she doesn't just teach people looking for love; she believes we can all use flirting to change the way we connect with the world.

'It's about making the most of every interaction – whether that's in the Post Office or with an attractive man,' she says. 'It can help our work relationships, friendships, and change the way we feel about ourselves. It's amazing what will come your way when you take time to connect with the people around you.'

Just to prove the point our waiter brings a pot of tea. We have met in a members club in London and the staff clearly adore Mackenzie. 'I've given you some extra biscuits, Cate,' he says. 'John, you're such a gentleman, thank you so much...' she replies, with a smile. It's not fake, just utterly magnetic. She exudes warmth. So how does she do it?

According to Mackenzie, the first step to being a good flirt is to lighten up. 'Flirting is the opposite of being ➤

# CONFIDENCE

serious; it's playful. You have to let go of the expectation it will lead to something,' she says. 'Just flirt for the joy of communicating with people.' That's why flirting can be hard for single people, such as me – we think too much, we want too much for it to lead somewhere, or worry it won't.

'When you're out of practice, everything becomes meaningful and heavy,' says Mackenzie. The antidote, she says, is to stop looking for The One and start looking for fun. 'When we're having fun we feel more alive and connected to the world. When we are serious, we shut off.'

She revolutionised her own life, it turns out, by deciding to pursue fun, rather than romance. A few years ago, she took a month off to go to three music festivals, striking up conversations with everyone she met. On the final day she invited a stranger to dance with her. She is marrying him next week. 'We met because I wasn't serious; I asked him if he wanted to join me but it didn't matter if he said yes or no. I was having fun anyway. There was no pressure.'

Once you've lightened up, you need to tap into your 'sexual powers'. I don't think I have any but Mackenzie assures me I do. 'Repeat after me: "I am ir-resistible",' she says. I feel like an idiot. In my head I am saying, 'You're not irresistible, you're fat and your hair is crazy...' Mackenzie tells me it doesn't matter if I don't believe it – just pretend. 'Men respond to confidence and openness. It's not the best-looking women who get the guys, it's the ones who give off signals.'

She's right – I have a friend who leaves men in a quivering heap wherever she goes. She's not a skinny blonde and doesn't simper, but she's happy in her own skin. As Mackenzie is.

'Now say it like Mae West. Watch on YouTube the way she talks and moves – even in her eighties she flirted with everyone. 93% of communication is body language and the tone of your voice – only 7% is what you actually say.'

I don't know what Mae West sounds like but I do as close to a Marilyn Monroe voice as I can. I feel self-conscious but by the third time, it's thrilling to act in a way opposite to how I usually do. I feel womanly and sexual – not something I experience in my restrained existence.

Mackenzie says every morning you should enter a 'goddess space' – spending five minutes dancing, telling yourself you are irresistible – to boost your confidence. Then, look the world in the eye. Flirting means being receptive to people – and that starts with eye contact, so Mackenzie tells me to practise holding people's gaze.

A guy is walking across the room and I try my gaze on him. I worry I'll have 'I'm desperate' stamped on my head. 'You are not smiling with the expectation of getting something back, you are doing it as an act of generosity,' says Mackenzie. And if I'm close to the person, she encourages me to follow up the smile with a compliment.

Yes, but what if they don't smile back? 'If they don't smile back, it's not necessarily a rejection; they might just be having a bad day or are slow to respond.'

As it is, I look and smile and Mr Handsome smiles back. I feel a shot of electricity. Funny how such a tiny thing as looking and smiling feels so bold and thrilling. He goes back to his table, where he joins a very pretty girl. Oh well.

Mackenzie explains how the same techniques can be used at work. 'Flirting in the office is not about being seductive – it's about being friendly. Compliment your colleagues and smile at them, genuinely,' says Mackenzie. 'Most successful people have a way of making others feel like they're the most important person in the room. Do the same with friends – say how lovely it is to be with them.'

Mackenzie is the kind of person who flirts with everyone she meets. 'Ask everybody how they are and when possible use their names. On a recent shopping trip, I got chatting to the girl who was helping me and invited her to my courses. I left with a discount. That wasn't why I chatted to her, but it was a happy result. It's nice to be nice.'

Indeed. I think our insecurities stop us from interacting with people – it takes a lot of confidence to be the one who smiles first but I'm determined to keep trying. I leave Mackenzie and get the bus home. It's crowded, and usually

I would never look up at people, but this time I do.

I smile and try to keep eye contact. I sit next to an old man, and smile at him. He smiles back. I tell him I like his glasses; he tells me his daughter bought them for him and we have a chat. I guess it wasn't flirting – but at least it was chatting.

My friend rings and instead of just saying 'Hi', I say, 'It's so lovely to hear from you...' I can hear her confusion (she's not used to such enthusiasm).

Our conversation is more upbeat than usual.

The next day I go to Whole Foods and ask a guy at the till where to find yoghurt. He points me to the back of the shop. Instead of scampering away I give him a mega smile and a sincere thank you. I look right into his eyes and he looks back. It's weirdly electric. 'Is there anything else you'd like?' he asks. 'What are you offering?' I reply. I can't believe I said it! I would never usually say something like this! We begin chatting and I realise I am flirting – really flirting. He is flirting back. He asks me if I'd be interested in their 3-for-2 bath-oil offer and I say I might be... he suggests before I buy I might like some free testers. I leave with a bagful! I feel like Marilyn Monroe.

Flirting with the world is fun. There's no agenda – it's just a way of going about your day and smiling instead of frowning. And Mackenzie is right: I suspect it could open more doors than I expected. There's only one thing I didn't get – a boyfriend. This morning I walked to the newsagent and saw a handsome man, and even though my instinct was to look away, I looked right at him and smiled. He smiled too. We looked at each other for what felt like a long time – but was probably only a couple of seconds. Then he looked away. Strangely I didn't take it as rejection. I just figured he probably needs to spend a bit of time with a flirting coach. ☺

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EIGHTIES Mae  
West FLIRTED  
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# MEET THE ACTION WOMEN

Motivated by the 'female face' of global inequality, Brita Fernandez Schmidt is doing something about it – with a little help from some of her friends »

*Words JULIA LLEWELLYN SMITH Photographs CAMERON McNEE  
Styling LAURENT FRANKS*



Brita Fernandez Schmidt (second from right) with WfWI ambassadors (from left) Caroline Issa, Judith Wanga, Zara Martin, Charlotte Dellal, June Sarpong and Alice Temperley



# PROFILE

**F**or anyone who attends a weekly staff meeting, I suspect it doesn't start like this: 'So,' says the chairwoman, 'we'll go round the room and share one positive thing that happened last week. I'll start.' It's certainly an upbeat introduction – unexpectedly so, given we're at the London HQ of Women for Women International (WfWI) UK, the charity that helps women from war-torn countries, including South Sudan, Nigeria and most recently Syria, rebuild their lives.

The speaker is executive director Brita Fernandez Schmidt. Tanned and smiley on her first day back from holiday in France, she holds up her iPad to show a page of shots of herself, a bearded man, two girls and a dog, each wearing a pink tiara. 'It was my daughter's 15th birthday. My husband made her a tiara and we all put it on,' she grins.

Over laughter and 'aahs', she continues, her tone now sober: 'And then I read about the plight of the Yazidi women in Iraq. I couldn't stop thinking of the 12-year-old girl who was repeatedly raped for over a year, and how the perpetrators justified it as a religious act. It's unbearable.' Before the mood can darken too much, she adds, 'But the good side is now this news is coming out, people are aware of what's going on and will be more willing to help.'

Lightness, followed by almost unendurable bleakness, followed by lightness again: such is the way Fernandez Schmidt, 44, steers WfWI in its work. The statistics the organisation faces are daunting: as many as 90% of all war casualties are civilians – the vast majority, women and children. In Bosnia up to 50,000 women are believed to have been raped during the civil war in the 1990s; in the Congo it's thought 1,000 women a day were raped at the worst period of that 10-year conflict.

**THE SUFFERING FERNANDEZ SCHMIDT HAS WITNESSED HAS HELPED HER 'SEE HUMANITY AT ITS WORST, BUT ALSO ITS VERY BEST'.** And it's the positive on which she determinedly focuses, not in a head-in-the-sand way, but because looking on the bright side is the best way to attract donors and raise vital funds. 'I don't want to pull the wool over people's eyes; there is real horror out there,' she says. 'But instead of focusing on the bad things, we emphasise the power of human connection. Alice

**Brita Fernandez Schmidt, right; and below, with Rwandan WfWI graduate Rebecca Tryisingizi**



Temperley, who's one of our ambassadors, wants to come with me to Kosovo and help women with their embroidery skills. She said: 'What I love about WfWI is its focus on the possibility of change; it's positive, not downtrodden.'

Among WfWI's initiatives is sponsoring a 'sister' – by making a monthly donation to pay for a woman's basic necessities, you free her up to learn skills that will help her provide for her family. 'These women have endured terrible atrocities,' says Fernandez Schmidt, 'but by joining the programme they're saying: "I believe there must be something I can do, no matter how horrible the situation is now." In many countries, women are so isolated – in Afghanistan, they're invisible, unable to leave the home unless accompanied by a man. But at our classes they meet people who inspire them and give them courage to believe again.'

Fernandez Schmidt's eyes well up as she recalls, 'When I visited our programme in Rwanda [where half a million women were raped in the 1994 genocide], I was greeted by smiling, dancing women. One was wearing an amazing pink dress, which I complimented her on. She told me her entire family was killed in the genocide, then lifted up the dress to reveal a scar on her belly: it had been slit open and they'd taken the baby out.' She gulps, and takes a moment to compose herself. 'It's really hardcore,

but when it seems too overwhelming I think of these women, still smiling and dancing after all they've been through, and think, who are we not to have hope? These women motivate each other and their attitude motivates us.'

That's the philosophy behind WfWI's #SheInspiresMe campaign, encouraging us to share the names of women who've inspired us on social media. Monica Vinader has produced a friendship bracelet (worn by everyone on our shoot) that, for no extra charge, can be engraved with your nomination's name, all profits going to WfWI. Who will Fernandez Schmidt nominate, out of the hundreds of inspirational women she's met? 'I don't know,' she frowns. 'It's so hard! Maybe I'll cheat and choose all of them!'

Tall, slender, dressed in a simple white shirt, grey trousers and flats, Fernandez Schmidt is a charismatic presence. Her empathy shines through in her dealings with her young staff: complimenting one member on organising a Radio 4 appeal; advising another about to go on maternity leave ('Just take things one day at a time').

Born in northern Germany (there's still just the trace of an accent), Fernandez Schmidt was 14 when her teacher ➤

Previous page, Caroline wears: Dress, Temperley London. Shoes, Charlotte Olympia. Judith wears: Dress, Roland Mouret at Harvey Nichols. Shoes, Stuart Weitzman. Zara wears: Dress, Michael Kors. Shoes, Christian Louboutin. Charlotte wears: Dress, Jenny Packham. Shoes, Charlotte Olympia. June wears: Dress, Alice and Olivia. Shoes, Christian Louboutin. Brita wears: Dress, Temperley London. Shoes, Jimmy Choo. Alice wears: Dress, Temperley London. Shoes, Charlotte Olympia. All jewellery, Monica Vinader

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# PROFILE

parents, wanting new experiences, took jobs at a school in Venezuela. ‘A typical teenager, I was like, “I’m not going! What about my friends?”’ she recalls. ‘The move was very challenging, but it totally changed my life.’

The transformation started as soon as the family left the airport on arrival. ‘We drove through shanty towns where people get killed on a daily basis and live in cardboard boxes. I had never seen poverty before and the shock of realising people lived like that has never stopped.’

From that moment, Fernandez Schmidt was passionately aware of the injustices around her. She contrasted the lives of her new classmates, many of whom were very wealthy, with that of her family’s housekeeper. ‘She had four children by four different men and I remember seeing where she lived, talking to her, saying, “You have to believe in yourself, don’t go off with another man because he’s going to leave you.” It really showed me how inequality has a female face, how it disproportionately affects women.’

In this conservative culture, Fernandez Schmidt’s formerly progressive father became more sexist. ‘I’d be sitting at the table next to my brother and Dad would say, “Brita, go help your mum.” I was like, “What about him?” My father didn’t know what to do with me.’ Indeed, she says, ‘No one seemed to understand why I felt so strongly. They’d say, “What’s your problem, are you a feminist?” I was like, “Yes!” But I did wonder if there was something wrong with me, if I was too passionate.’ Things improved when Fernandez Schmidt went to university in England, where a female professor suggested she take a master’s in women’s studies. ‘I had no idea there was such a subject – it was like, “I’m not weird, yay!”’

**FERNANDEZ SCHMIDT’S FIRST JOB WAS AT THE EUROPEAN WOMEN’S LOBBY IN BRUSSELS**, before moving to London to marry her then-boyfriend, José-Luis. She led the programmes and policy work of Womankind Worldwide before joining WfWI eight years ago. ‘It was a tiny organisation, no one had heard of us. I didn’t want to spend lots of money on marketing so, once again, we just had to go out there and inspire people to get involved.’

Her passion and charm helped her persuade the likes of shoe designer Charlotte Dellal and TV presenter June Sarpong to be WfWI ambassadors. ‘Some celebrities only get involved with charities because they need the press, but these women really believe in the cause.’ Many have become friends, although Fernandez Schmidt admits she still knows next to nothing about celebrity culture. ‘I’ll find myself at a dinner, sitting next to someone, and he’ll turn out to be U2’s bass player. It’s hilarious.’

Fashion-wise, she says, slightly shyly, she’s a Hobbs and Reiss woman, though Alice Temperley dresses her for big events. ‘Wearing a Temperley dress is amazing – all the attention to detail, it’s like wearing a work of art!’

Like all of us, Fernandez Schmidt is constantly pursuing a better work-life balance. She and José-Luis live in a little village in Bedfordshire with daughters Emma, 15, and Sara, 12. ‘My daughters help ground me,’ she says.

‘I’ll be in Rwanda and I’ll get a text saying, “Mum, where are my trainers?” It brings me back to earth.’

On the subject of her husband, Fernandez Schmidt wells up again. ‘He’s the kindest, most supportive person. When I’m on a field trip there’s always a moment when I really get sad, but I call him and he manages to pick me up.’

To help switch off from the trauma, Fernandez Schmidt runs daily, plays tennis weekly and uses the Headspace app to meditate during her commute. But the best distraction, she beams, is the latest addition to the family, golden-doodle puppy Bruno. ‘The other day Sara said, “Isn’t it incredible how much happier the family is since we got a dog?” And I was like, “Yes!” It means my children go for walks with me.’ She laughs gleefully. ‘They’d never come for walks with me before.’

Having said that, in July the girls accompanied her on the walk of all walks: a three-day, 120km peace march across Bosnia to commemorate the victims of the genocide that, 20 years ago, killed 120,000 people. ‘I was worried about them coming: we were walking eight hours a day, in blistering sun, across areas of mass graves and land mines. But I saw them literally change in front of my eyes. Meeting these Bosnian women who had nothing, just this courage, has given them a new resolve to help, it’s inspired them to just go for it.’

It’s that inspiration word again. Since their return, Sara’s been motivated to set up a blog, while Emma’s respect for her mother has deepened. ‘She’s such a kind person herself, but she says to me, “Mum, you’re the kindest person I know.” It’s so nice!’

Emma’s right, but what’s exceptional about Fernandez Schmidt isn’t just her kindness; it’s her visionary determination. Who will be my #SheInspiresMe nomination? After a morning with Brita Fernandez Schmidt, it’s a no-brainer. ☺

**Find out who inspires the WfWI ambassadors, and how you can get involved in the #SheInspiresMe campaign, at REDONLINE.CO.UK**



FROM LEFT:  
Fernandez Schmidt  
with Arizona Muse;  
and at the De Beers  
summer gala in 2014

I’ll be in RWANDA and  
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# FALLING IN LOVE... WITH A widower

When Mandy Appleyard found love with a widower, she never expected the emotional obstacles that came with it. She explains why she takes nothing for granted

**U**ntil very recently, the man I love wore a wedding ring – a thick gold band that had grown tight over the 24 years he wore it. I am not his wife. The screensaver on his smartphone is a photograph of an attractive, dark-haired woman smiling wryly at the camera. The photograph is not of me.

I have been in a relationship with Nick\* for more than two years now, but it feels as if there is another woman in his life, someone whose shadow casts itself across our relationship, and probably always will. This, I have realised, is what it feels like to love a widower – one who, at 54, is relatively young, and who lost his wife nearly four years ago, very suddenly, after a short illness.

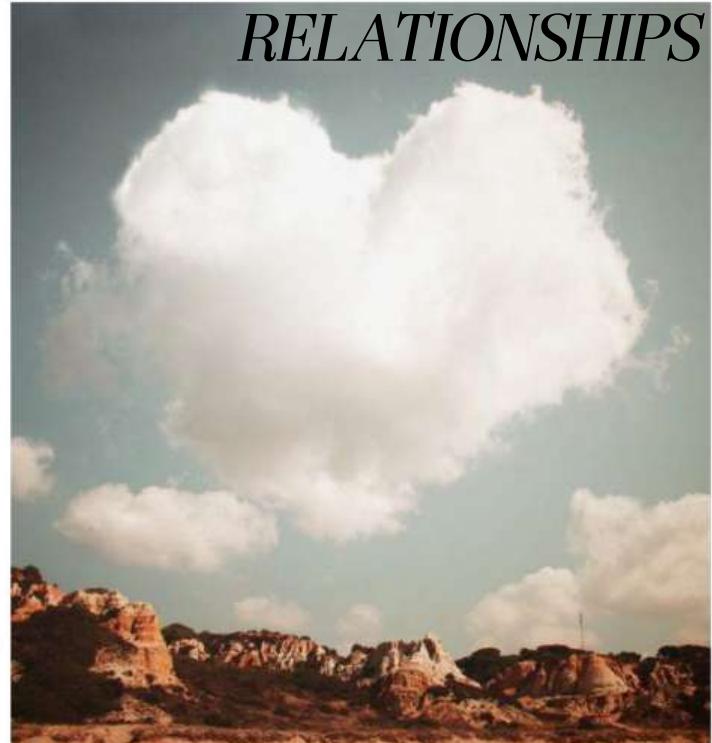
I couldn't love Nick more. He is funny and kind, clever and surprising, affectionate and resilient. But loving him has required me to accept that I am only in his life because his wife is no longer here. I wouldn't say that makes me feel 'second best', but it definitely troubles me at times.

Whatever Nick and I have, for however long we have it, is lived very much in the wake of his loss. As a middle-aged couple, we are at a stage in our lives where we have less time in front of us than we have behind us – a powerful incentive to try to move forward for the 25 years or so that we may have left.

## ARRIVING AT A COSY PUB IN THE YORKSHIRE DALES FOR AN OVERNIGHT STAY WAS THE PERFECT END TO A RECENT DAY'S WALKING,

something we both love. We'd hiked 16 miles together, in sunshine and fierce rain showers, and as I watched Nick tucking into steak pie and a pint of Theakston, I felt an unshakeable and quite rare contentment.

Nobody is more surprised than me to have found love in midlife with a brilliant, handsome man who makes me laugh and takes care of me; who is considerate, quirky and quick-witted. Yet our relationship is uncomfortably



complicated. Nick's late wife was a close friend of mine for nearly 30 years, and they have a teenage daughter who, perhaps understandably, finds it difficult to accept my new role in her father's life.

I first met Nick in 1983, the boyfriend of a friend and colleague with whom I shared a flat in Manchester. While Nick and Rosie settled into married life soon after and had a daughter, my life was more haphazard. There were relationships, some serious, most not; there were miscarriages, many years as a single woman, a bout of serious illness and several episodes of heartbreak.

## IN NEVER HAD ROMANTIC FEELINGS TOWARDS NICK: I WAS USUALLY IN RELATIONSHIPS MYSELF

and anyway, he was my friend's husband. Nick was a joker, good company and a great laugh, but I never thought of him as anything other than Rosie's husband. As the years passed, she and I met regularly for dinner, lunch or a trip to the theatre, sometimes with Nick, usually without. Rosie and I last spoke on the phone in January 2012, when she teased me about the folly of my latest romantic dalliance. We made plans for her to visit me in my new house one day that spring.

Sadly, we never got that far. One afternoon in March 2012, my phone rang. It was Nick. Falteringly, he explained that, following a short illness, Rosie had died very suddenly. I gathered myself, trying and failing to find the right words to say, and put the phone down feeling numb with disbelief, my heart flooded with sadness for Rosie, for Nick and for their daughter, who was 15.

A mutual friend and I met up with Nick a few times after the funeral. We had dinner, reminisced about Rosie, and met for coffee or walks in the spring sunshine, hoping to lift his spirits. Slowly and surprisingly, in the year that followed, I developed feelings for Nick that went beyond friendship. I confided, tentatively, in my »

# RELATIONSHIPS

mother and sister: 'It's too early!' they chorused. I told our mutual friend, Claire, how I felt. 'But I'll never tell him,' I said. 'It's too early.' Claire took a more positive view. 'It's up to Nick whether he feels it's too early. Let him decide that,' she advised.

Unbeknown to me, Claire took matters into her own hands and told Nick how I felt when they met for coffee one weekend shortly afterwards. He was surprised and very tentative but, in the months that followed, we found ourselves in a romantic relationship.

**O**ur first 'date' came about a week after Claire told Nick how I felt. We spoke on the phone and agreed to meet one afternoon for a walk and to talk. In some ways it felt strange (suddenly we were cast in a whole new light) but in other ways quite easy, perhaps because we weren't awkward strangers getting to know each other from scratch.

As we walked in the woods, Nick said Claire had told him how I felt. I confirmed my feelings, very shyly, but said I also felt terribly disloyal to Rosie. Nick said he was very flattered but that we should take small steps because everything was still so raw.

Weeks, then months, passed, during which time our falling in love felt natural but at the same time counterintuitive. I suppose our relationship rescued Nick from the unremitting grief of losing Rosie: for the moments we were together, life looked brighter for him. We took it slowly but, as time passed, a worrying pattern emerged. Every couple of months, Nick got cold feet and said he couldn't be with me. He was guarded and afraid, unable, he said, to step into a new future.

At the same time, the faltering nature of our relationship began to trouble me: I felt Nick was hiding me, forcing me into the shadows, which I had come to resent. One day in the summer of 2013, he told me, once again, he felt it would be best if we stopped seeing each other. I was sick of being messed about and booked a month's holiday alone in Central America, hoping that the rigours of trekking through Nicaragua and Honduras would distract me from the sadness of letting Nick go. They didn't, and I travelled with a heavy heart.

I returned home to a letter from Nick asking to meet. We did, and slowly, guardedly, we rekindled our relationship. I was scared to try again after so many false starts, but felt it was right to give us one last chance. That was two years ago. As time passed, I stopped expecting things to fall apart again and realised that, despite our shaky start and the difficult circumstances, I somehow trusted our commitment to each other.

Nick wore his wedding ring for a couple of years and I noticed not long ago that the screensaver on his tablet

is a photograph of him with Rosie and their daughter, all laughing together on a walk in the woods.

It felt disconcerting to see it, but I wasn't jealous: I accept that moments like these are part and parcel of loving a widower. Ultimatums or hissy fits on my part would have been disrespectful to Rosie's memory and to Nick's grieving, and I trusted him to make the right decisions when he was ready. He stopped wearing his wedding ring eventually, with no prompting from me.

**WE OFTEN TALK ABOUT ROSIE AND SHARE OUR MANY MEMORIES OF HER.** She is woven so intricately into Nick's life it feels only natural for us to reminisce about her. I want Nick to feel he can talk about his late wife whenever he wants, and I am surprised but relieved that I've never felt threatened or discomfited by that.

I don't go to his house very often because I feel like a trespasser there. Nick and I have talked about buying a place, and I'm sure that's what we'll do, when the time feels right for him, for me and for his daughter.

It still surprises me that I didn't walk away in that first year, when the ground beneath us felt so unstable.

I suppose it was my love for Nick, and my confidence in what we have, that kept me at his side. Perhaps the fact it's been a long and difficult road makes our relationship stronger. People's assumption, so often, is that our significant relationships should come easily to us; that, by definition, if they don't evolve smoothly, something is very wrong. All I can say is that hasn't been the case for us. We have faced more obstacles than many, but I have always felt I want to be with Nick enough to keep on facing them, and that there is nobody else I'd rather be with. I have always felt sure of him, in short.

Do I feel guilty about loving my friend's husband? Yes, I do. Both Nick and I have wrestled hard with guilt, though there is no logic or justification for that. I know it must feel strange for a husband of long-standing to fall for someone else even after the death of his wife, and for me there has been the struggle of squaring my loyalty to Rosie with my love for Nick.

Ultimately, I know Rosie would want Nick to be happy and for that reason, if no other, I hope she would give us her blessing. Happily, I have met Nick's parents and siblings and he has met mine, and our families have welcomed our relationship with open arms. At least that part of our story has been easy.

We are moving slowly forward. I take nothing for granted, but I no longer feel I'm walking on eggshells. I spend time with Nick, laugh with him, walk in the sunshine or the rain with him and feel hopeful that we will work things out. □

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MEET  
**GEORGIA**

A woman with blonde hair, wearing a white turtleneck sweater and a dark blazer, stands in a room with a window. She is holding a pair of dark brown leather loafers with a prominent leopard-print pattern on the toe. The brand name 'JONES' is visible on the insole of each shoe.

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A photograph of a family of three walking through tall, green grass. A woman with long brown hair, wearing a light-colored patchwork cardigan and white pants, walks towards the camera with a smile. Behind her, a man carries a young boy on his shoulders; the man is wearing a light-colored sweater with a geometric pattern and blue jeans. The background shows rolling hills under a cloudy sky.

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# SPOTLIGHT ON RED'S ARTISTS-IN- RESIDENCE

Ahead of our annual exhibition at Anthropologie this month, Hannah Dunn talks art and inspiration with artists Nelly Dimitranova and Caroline Jane Harris

*Photograph VICTORIA BIRKINSHAW*

**I**t's the third time we've invited an artist into the world of *Red*, and the second time that painter Nelly Dimitranova has decorated the pages with her vibrant paintings of strong women. You can find her portraits of beauty director Annabel Meggeson in *Knowing me, knowing you* on page 203 – and admire them 'in the flesh' at our *Red Art Night* at Anthropologie later this month (turn over for details).

Designed to showcase exciting, talented female creatives, our artists-in-residence programme was born out of editor-in-chief Sarah Bailey's desire to make art more accessible. 'It's a subject that people can find really intimidating,' she says. 'But I think the exhibition that we do every year with Anthropologie, which our readers can attend, is part of that mission to demystify fine art and make it accessible to all.'

This time Nelly is working alongside her friend and fellow artist Caroline Jane Harris, who specialises in beautiful hand-cut photographic prints, which you'll see illustrating our interview with Sandy Newbigging on page 273.

'Nelly has stayed so much a part of *Red* that it seemed exciting to invite her back, but, of course, we wanted to do something different this time,' Sarah explains. 'Her relationship with the magazine has really evolved and it made me think about creative relationships and mentorships and the dialogue between women.'

**'The exhibition we do every year is part of that MISSION to demystify fine art and make it ACCESSIBLE'**



Caroline Jane Harris, left, and Nelly Dimitranova will exhibit their work at Red's Art Night

Having met in a small art gallery on Portobello Road in London back in 2011, Caroline and Nelly's relationship has flourished since they reunited to work together with *Red*.

Caroline says, 'Nelly has been both a great supporter of my work, but more prominently perhaps, it's our conversations and her wisdom that have had a great impact on my attitude towards both life and navigating a career in the arts.' 'We feed each other with ideas and share experiences,' adds Nelly. And it's this dialogue between Nelly and Caroline that flows through to their relationship with *Red*.

As Nelly explains, 'The ethos of *Red* is to entice, inspire and guide that type of woman who is a modern woman who wants to know about how to live well, today. Now, in the moment. I think that Caroline and I are both enticed by this.'

'The truth is that things have changed a lot for women, but there's still a long way to go. We're all part of that process of wakening up the modern woman. We're inspiring her to connect with her true desires, to pursue them fearlessly and to trust in its realisation. The message that *Red* conveys so powerfully is: "We're not alone."

So has finding a fellow comrade helped in their own journeys? 'Definitely, it empowers,' says Nelly, while Caroline observes, 'Nelly has a unique way of seeing the world, noticing the good qualities in people, which I find really inspiring. Her way of »

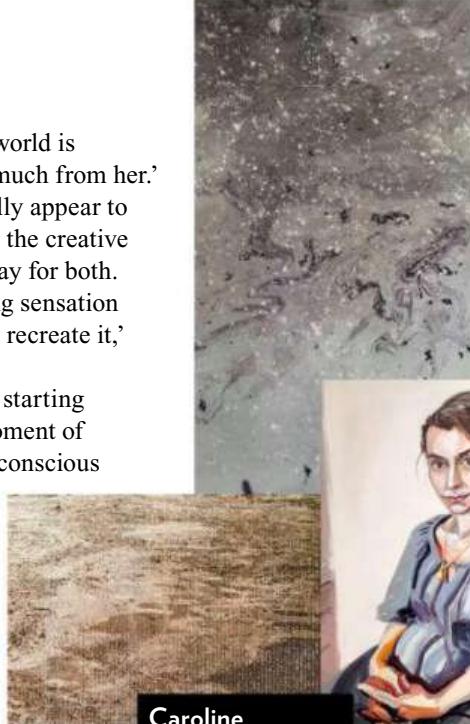
# CREATIVITY

being and observing the world is infectious. I've learnt so much from her.'

While Caroline and Nelly appear to have very different styles, the creative process starts the same way for both. 'I see something, a fleeting sensation that touches me. I want to recreate it,' Nelly explains.

'My work has a similar starting point, except I call it a moment of being, when you're more conscious and aware of what's going on around you,' says Caroline. 'I work with photographic images to start with, an image that pulls me to it. From that point I manipulate the image; I'll add some filter or layers to distort the reality. It asks you to look a bit harder than just immediately recognising something.'

Caroline's latest work consists of images depicting the layers of water, oil and algae captured in Hackney Canal, some of which will go on display at the *Red Art Night*.



Caroline Jane Harris' photographic prints of Hackney Canal; and, above, right, a portrait by Nelly Dimitranova

'But my new cutworks look like digital code – all squares and rectangles,' she says. 'I'm interested in the relationship between those marks and words on the page – the fact the magazine is still a physical thing, how it's important today to have something to actually hold and look at.'

It's inspiring to meet two women like this, women who are so clearly enamoured by one another, who have built a solid friendship based on a mutual appreciation and understanding for what they do, but also in their belief that all women are entitled to realise their dreams.

Nelly's work is on display for four months in The Garden Room at The House of St Barnabas in London, while come Christmas Caroline's own studio in Camberwell, south-east London, will be transformed into an open house.

'I think the greatest art of all is how to live your life,' says Nelly. 'And everything else that we create is a manifestation of this desire to live our lives as well as possible.' How right she is.

For more information, visit [carolinejaneharris.com](http://carolinejaneharris.com) and [eastwing.co.uk](http://eastwing.co.uk)

To see more of Caroline and Nelly's work, visit **REDONLINE.CO.UK**

## SHOPPING AND FIZZ AT ANTHROPOLOGIE

At the *Red Art Night* on October 15th, you can meet our artists-in-residence, shop with the *Red* fashion team and receive an exclusive discount

This month is art-fair month in London, as well as *Red*'s annual Art issue, and to celebrate we have collaborated with Anthropologie and our two artists-in-residence, Nelly Dimitranova and Caroline Jane Harris, on an exclusive shopping evening. What's more, we're holding it at the brand-new store in Spitalfields. On the night, *Red*'s editors will reveal the must-have pieces – which you can snap up with a 15% discount\* – and there'll also be a chance to have a one-on-one speed styling session with the *Red* fashion team.

**WHEN:** October 15th; 6pm-9pm  
**VENUE:** Anthropologie Spitalfields, 18-28 Brushfield Street, London, E1 6AN  
**PRICE:** £10  
**INCLUDES:** 15% off Anthropologie, drinks and canapés

15% OFF  
Anthropologie



Hair and make-up Lindsey Poole. Additional photographs NohalideDigital.com. \*Terms and conditions apply. Discount excludes sale, found, furniture and gift cards. For stockist details, see the Directory

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Patricia Arquette with boyfriend Eric White, celebrating her Oscar win earlier this year



# NO ONE PUTS PATRICIA IN THE CORNER

Put her on the Oscars stage and she calls for equal pay, put her on screen and she defies all stereotypes. Patricia Arquette is Hollywood's A-list rabble-rouser, and Jane Mulkerrins loves her for it

Just when I thought I couldn't possibly adore Patricia Arquette any more, she goes and reveals a secret passion for karaoke, relating to me – in her distinctively smoky, languorous tones – her song selections at the previous night's private session. 'It was my boyfriend's birthday, so I sang *Shine On, You Crazy Diamond* [by Pink Floyd] for him, and *Coal Miner's Daughter* [by Loretta Lynn]. He always likes me to do that one, and seeing as I was wearing overalls, it made sense,' she laughs, huskily.

The lucky audience was her long-term boyfriend, the artist Eric White, whom she referred to as 'my favourite painter in the world' and 'a genius' during her rabble-rousing Oscars speech in February.

Arquette, 47, has always been something of a rebel, ploughing her own uncompromising furrow in everything from marriage to motherhood to acting over the course of her 30-year career. But with *that* speech, accepting the Best Supporting Actress award for her role in the groundbreaking *Boyhood*, she also broke with convention, calling for equal pay for women, in every industry. Actresses in the audience – including Meryl Streep and Jennifer Lopez – roared in agreement.

'There's this unspoken rule that you're not supposed to get political up there,' she shrugs. 'But I grew up in a family of activists, so it's my nature to try to change something, or shed light on something, or try to ease somebody's burden. I've had enough success that I have >

# RED WOMAN



'I've always been a curvy girl,' says Arquette, pictured here in her latest role as the face of the new Marina Rinaldi campaign

# RED WOMAN

a small element of power, and with that comes the ability to amplify your message.'

Today, at her home in Los Angeles, she's discussing another aspect of her refusal to fit the mainstream mould: Arquette is the new face of Marina Rinaldi, the fashion label aimed at a more curvaceous woman. The campaign is suitably taglined 'Women Are Back'. 'I feel like we're told all the time what we're supposed to look like as women, and yet, for a lot of women there's nothing out there for them that they can feel beautiful in,' she laments. 'I've always been a curvy girl,' she continues, though some would probably, and accurately, say 'bombshell'. 'And I've been in a business that tells you you're supposed to have a certain body shape and you're supposed to weigh a certain amount, and I've never done that.'

Indeed, a producer once asked her to lose her post-baby weight, for her role in the TV series *Medium*; Arquette flatly refused. 'I wanted to show the real world you don't have to buy your mate's fidelity by looking a certain way,' she has said. 'If you're really in it for the long haul, 10lb isn't going to make – shouldn't make – the world of difference.'

Her Oscar acceptance speech was similarly defiant. 'It's not like women haven't been talking about this for decades, but nobody's been listening,' she asserts. '50% of all mothers are single breadwinners. And if women are making 74 cents on the dollar [compared with men], African women, 68 cents, or Latinas, 44 cents on the dollar, how are they going to take care of their kids?'

The topic of both her speech and the film *Boyhood*, in which she played a single mother over a 12-year period, filmed in real time, is one that is close to her heart, having brought up two children – son Enzo, now 26, and daughter Harlow, 12 – as a single mother herself.

**A**rquette's free-spirited refusal to subjugate herself, her body or her views may have much to do with her own unconventional upbringing. Her great-grandparents were vaudevillians, her grandfather was the actor Cliff Arquette, and her parents, Lewis and Mardiningsih (born in New York of Polish and Russian descent, she went by the stage name Brenda Denaut), were also actors. Along with her siblings, Rosanna, Alexis (born Robert), Richmond and David – all of whom have also gone on to become actors or performers – Arquette was raised on a commune in Virginia dedicated to subudism, a spiritual practice that originated in Indonesia and fosters meditation.

At 14, when she discovered her father had been having an affair, Arquette ran away to live with her sister Rosanna, star of *Desperately Seeking Susan*. She began making her own way as an actress, with small parts in films, but at 20,



Behind the scenes  
on Arquette's  
recent campaign

'As a woman in Hollywood, your opportunities GREATLY diminish... I am an anomaly'

became pregnant by her then-boyfriend, musician Paul Rossi. 'I was like a tree, split in half by an axe. I went from being a teenager to a mum overnight,' she has said. She and Rossi broke up a month after Enzo's birth. 'But I never regretted it,' she says.

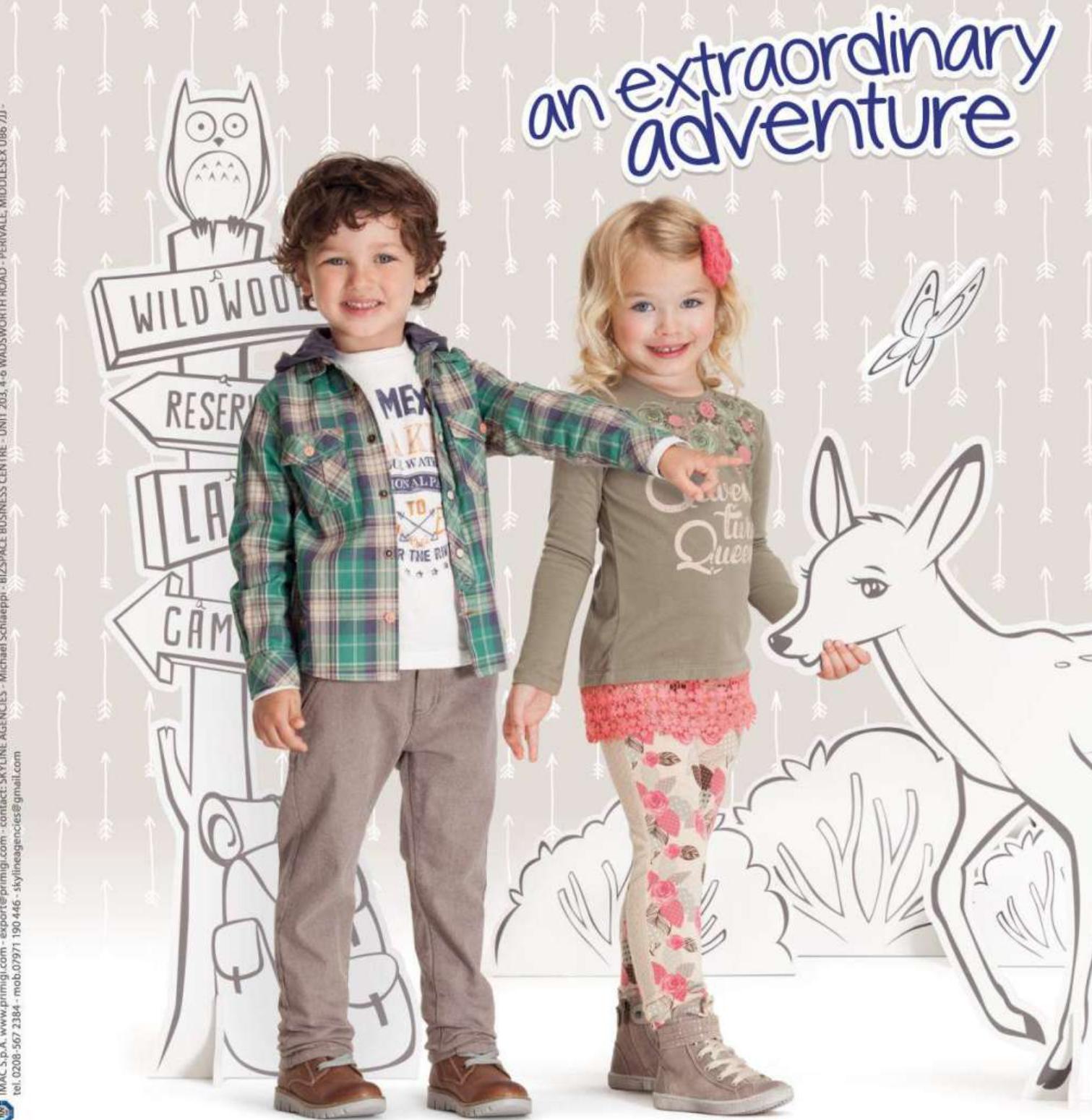
Her pregnancy, however, forced some tough career decisions. She was offered the lead role in *Last Exit To Brooklyn* (eventually played by Jennifer Jason Leigh) but turned it down. 'The character gets raped, and it didn't feel right to do that while there was a baby growing inside me,' she says. 'It was very scary to turn it down – it was the first great part I'd been offered; it was the first time I'd had to make the decision to put my baby before me.'

As it turns out, of course, there have been plenty more juicy roles. You won't catch her in fluffy romcoms or superhero spin-offs; rather, her sultry sexiness and tough-yet-vulnerable charm have attracted many of the great indie directors, including Quentin Tarantino – who directed her in her breakthrough hit, *True Romance*, in which she played the adorable Alabama Whitman – David Lynch (whose film *Lost Highway* she starred in), Tim Burton (*Ed Wood*), David O Russell (*Flirting With Disaster*), John Boorman (*Beyond Rangoon*) and Martin Scorsese (*Bringing Out The Dead*).

To win one's first Oscar at 46 years old is no mean feat for a woman in Hollywood, as Arquette wholly recognises. 'I think [as a woman in Hollywood] your opportunities greatly diminish... I am an anomaly,' she admits.

Richard Linklater, the director of *Boyhood*, apparently instructed Arquette not to have any surgery while the film was in production. 'I did joke with him towards the end that he had better hurry up and finish it because I needed a face-lift,' she laughs.

In truth, she was never even tempted, but respects the right of every woman to make her own decision on the matter. 'As a society, we get to shame you because you're getting old and ugly or overweight, and we get to shame you again if you do something to change the ➤



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# RED WOMAN



LEFT: Arquette in 2014 film *Boyhood*, for which she won an Oscar  
RIGHT: With Christian Slater in her 1993 breakthrough *True Romance*

CLOCKWISE, FROM ABOVE: Arquette with daughter Harlow; with ex-husband Nicolas Cage; and with her actor siblings Rosanna and David

way you look,' she asserts. 'We're just going to keep on attacking you, no matter what you're doing.'

Fully aware of the pressures from early on, Arquette made a conscious choice to steer her career in a less age-and-looks-centric direction. 'I tried to shift out of being an ingenue as early as I could – I didn't want to play on or trade on that. And then I also chose to do TV. Early.'

For six years from 2005, she played psychic Allison DuBois in *Medium*, for which she won an Emmy and was nominated three times for a Golden Globe. More recently, she had a role in the acclaimed *Boardwalk Empire*, and now stars as Avery Ryan in *CSI: Cyber*, which, she says, has made her ultra-paranoid about the risks of new technology. 'All of a sudden I'm working with these cyber specialists,' she chuckles. 'So I'm always telling my daughter, "This thing is capable of that" or "People can do this with that." But she never believes me.'

Arquette's romantic history is the stuff of showbiz legend. At 18, she met Nicolas Cage in an LA diner and he proposed to her on the spot. She challenged him to bring her JD Salinger's autograph and a black orchid before she would accept. He completed the quest, but after a blazing row in an airport lounge, they broke up. Both moved on, had a child each, but a decade later – as if

scripted by Hollywood – bumped into each other at the same diner. They were married within two weeks, but divorced five years later, though it was widely speculated that they'd secretly separated after just nine months.

Her second husband, Thomas Jane, rented an entire cinema and edited a Charlie Chaplin film to include a cameo of himself holding up cards saying: 'Will you marry me?' They were married for five years, before divorcing in 2011.

She has said in the past that every man she's ever loved has tried to 'fix' her – though, for the record, she does not appear to need fixing at all. And now, with White, she seems to have found a peaceful match. 'I just think we're very compatible,' she says, happily. 'We're really in sync with the way we see politics, the world we have and the world we want to have. He's incredibly supportive of me, and incredibly talented. It's exciting to live with someone who can teach me about a whole different aspect of the arts.'

However much in love they are, though, don't expect to see Arquette walking down the aisle a third time. 'I'm terrified of the institution of marriage,' she admits. 'The failure of a marriage is a very personal, painful thing to come to – it's not just like breaking up; it is really painful.' They might, however, consider having what she adorably calls a 'love party'. Their daily domestic life is, she says, 'very ordinary. I'm not a big part of the Hollywood scene, I'm not interested in nightclubs. I went to nightclubs a lot when I was a teenager. I find it strange when I see people my age in nightclubs. I think, what's wrong with you?'

**A**long with the aforementioned penchant for karaoke, she's enough of a California native these days to be a yoga devotee ('It really restores your body and your spirit') and to only buy non-GM meat ('It's just not good for our kids'), but she's no angel. 'I do bad things,' she insists. 'I don't like to get drunk and sloppy, but I like a few drinks here and there. And I smoke, even though I hate it. I need to quit once and for all. There's nothing good in it,' she sighs. 'It's just one of my little immature rebel ways.'

However ordinary she insists her life is, earlier this year Arquette secured a book deal with Random House for her memoirs. 'I've been taking writing classes, and the process of memory and self-reflection is so interesting... but really hard,' she laments. We compare writing practices, and procrastination habits; like most of us, she's found trying to write means she has the cleanest closet. 'I'm going to Italy, so I'll be away from my own closet, and my own insanity,' she laughs. 'I've only got about another 800 pages to write.' Somehow, I suspect there is far more of Arquette's story, yet to be written.

*Patricia Arquette is the new campaign face for Marina Rinaldi's A/W 15 collection and brand ambassador*

**See Patricia Arquette's most rebellious moments at REDONLINE.CO.UK**

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# 'I'M NOT THE BEST, BUT I'M ALWAYS THE MOST'

In this life-affirming childhood memoir, *Eat, Pray, Love* author Elizabeth Gilbert explains why enthusiasm – not winning – will take you furthest in life

*Photographs BEN BAKER*

**I**n the summer of 1980, when I was 10 years old, I decided that I was going to win Best in Show at our local county fair. My motivation was pure: I just wanted that ribbon.

The Best in Show ribbon was a giant purple explosion of glorious splendour, which had called to me for years. The ribbon's gold embossed lettering explained in no uncertain terms that the bearer of this talismanic object was unequivocally The Best, which sounded pretty good to me.

I was determined to make it mine.

How to go about actually winning the thing, though, was problematic. Unfortunately, there was nothing at which I was The Best. Therefore, I would need to do something more cunning than merely excel; I decided to overwhelm the judges with hundreds of submissions in a dozen different categories, thereby maximising my odds of victory through the sheer avalanche of my presence in the competition. (If you've ever tried to buy every single ticket in a raffle, or rig an election, then you may be familiar with this tactic.)

I decided to  
**OVERWHELM** the  
judges with hundreds  
of **SUBMISSIONS** in  
a dozen categories

muffins; cookies; fudge; cornbread; courgette bread; cranberry bread; shortbread; cinnamon rolls; a cake shaped like a castle (a collapsing castle, but whatever); a cockeyed hand-sewn teddy bear; a pencil holder decorated with yarn; a patchwork pincushion; pickles; a diorama about the growth cycle of beans; an ➤



Elizabeth Gilbert  
today, above; and in the  
summer of 1980, right

Entering hundreds of submissions into a county fair takes some doing, though. That's a lot of cooking, sewing, crocheting, canning, growing, building and drawing. For such a task, you need a very patient mother, who lets you raid her garden, mess up her sewing

table, and hijack her kitchen for the entire summer. Fortunately, I had just such a mother. (Unfortunately, I'm not sure she has fond memories of the summer of 1980.) Because here's what I created over the months leading up to the county fair:



# MIND-SET



Julia Roberts, right, played Gilbert, left, in the film version of *Eat, Pray, Love*. BELOW: Roberts and Gilbert in 2010



(I still can't eat baklava, to be honest.)

cake was decorated with turrets made from upside-down ice-cream cones, with balustrades crafted out of pillow mints! It was beyond me to imagine how a brown dessert that doesn't even have frosting could've stolen my prize. I was devastated. Sobbing. Inconsolable.

But then – a miracle! Looking back on it now with adult eyes, I can imagine what probably happened: one of the more attentive judges must have noticed that approximately two thirds of the submissions in the entire county fair were from the same person, and that this person was a 10-year-old child. Somebody must've taken mercy upon this poor desperate kid, because an hour later I was presented with a special prize – a generic white ribbon, upon which some kind soul had written in magic marker: MOST IN SHOW.

Not BEST, mind you. MOST. Was I offended by my consolation prize? No! I was consoled by it! I was even proud. Because dammit, I was the MOST IN SHOW. And here's the thing – I still am.

I'm still not the best at anything. Never was. Not the smartest, not the most talented, not the prettiest, not the strongest, not the best traveller, not the best novelist, not the best with foreign languages, not the best yogi, not the best with anything. But my heavens, I do show up. My strategy is still the same as ever: I may not win, but you will know that I was here.

This is how I've gotten so far, I think – because I still bring three carloads of effort to every endeavour.

(That's certainly how I became a professional writer:

I wouldn't quit submitting my work until the publishers finally yielded before my relentless, and printed my books.) The uniquely talented pastry chef with his fancy dessert still usually wins the big prestige prizes, but you know what? People have to acknowledge me anyhow, because I won't go away.

Now, this is not an attitude that women have historically been encouraged to embody, to put it mildly. But let me advocate here for a MOST IN SHOW approach to life, because it works. It comes down to this: refuse to be unseen. Believe me, it will take you far. And going far is better than boring old baklava, any day. ↗

*Big Magic: Creative Living Beyond Fear* by Elizabeth Gilbert (Bloomsbury, £14.99)

Read an extract from Elizabeth Gilbert's new book, *Big Magic*, at [REDONLINE.CO.UK](http://REDONLINE.CO.UK)

automobile first-aid kit made out of an old shoe box; a handmade board game about cats; a papier-mâché piggy bank; a needlepoint portrait of a rather large snail; a watercolour representation of my family; a coat hook; a coat of arms; necklaces made from spoons; necklaces made from shells; necklaces made from other necklaces...

I could go on. And trust me – I did go on. When all was said and done, it took three separate trips in our big Chevy Malibu station wagon to deliver all my booty to the exhibition hall. I had not so much entered the county fair as assaulted it.

Did I sleep that night – the night before the judging? No, I did not. Was I the first person waiting at the gates of the fairground the moment it opened the next morning? Yes, I was. Did I win Best in Show? Of course I didn't.

The winner (NOT THAT I'M STILL UPSET ABOUT IT) was a guy who had only entered one thing in the whole entire fair: baklava. Baklava?! You know how boring baklava is? You know what colour baklava is? Brown. Let me remind you, people: I had made a cake that looked like a freaking castle! My castle

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# Little LUXURIES

The festive period is near, which means adding delicate jewels to your wish list. Clogau has the perfect finishing touches

**T**he season to indulge is almost upon us, so what's the ultimate gift choice this Christmas? Elegant yet unusual jewellery from heritage jewellery brand Clogau. With Welsh gold – the rarest gold in the world – in every piece and a collection of styles, from classic designs to whimsical themes, you're sure to find the perfect gift for your mum, friend, sister – or yourself.

## THE FINER THINGS

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gemstones and precious metals, they are items to be treasured.

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and budgets, meaning you can make a timeless and distinctive addition to your jewellery box.

So whether you're looking for the perfect gift that will make a beautiful heirloom – from a delicate pearl pendant necklace to a sterling silver and topaz bracelet – or a way to showcase your own style, it's time to indulge in truly exquisite jewellery.

## FEELING INSPIRED?

Clogau are offering customers a free Celebration Ring, worth £89, when you spend £199 on two or more rings before November 1st in Clogau stores, participating Clogau stockists and online. Clogau will also be opening its first London boutique this autumn at Westfield London. Visit [clogau.co.uk](http://clogau.co.uk) for news on the latest collections and shop opening dates.

## BEST OF THE REST

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**Tudor Rose** pink opal and  
white topaz ring, £119;  
**Tree of Life** pearl pendant,  
£139; **Royal Crown** diamond  
pendant, £3,500; **Tudor Rose**  
pink opal and diamond ring,  
£2,000; **Tudor Rose** pink opal  
and diamond earrings, £1,700;  
**Royal Crown** diamond bangle,  
£7,000; **Tudor Rose** pink opal  
and white topaz pendant,  
£7,000; **Tudor Rose** pink opal  
and white topaz earrings, £119

# THE RISE & RISE OF MR EJIOFOR

Love, loss, drama... Brit actor Chiwetel Ejiofor has played – and lived – it all. But while global superfame beckons, the last thing he wants, he tells Frances Wasem, is to be a star

Photographs HAMISH BROWN

**C**hiwetel Ejiofor is sitting quietly on a wrought-iron chair, within the sheltered garden walls of a London location house. The sunlight is filtering through the canopy of tropical plants and a light layer of rain has just begun to settle on the waxy leaves. Ejiofor is half smiling. He's kicked off his shoes to reveal a pair of brightly coloured socks, with a different pattern on each foot. 'They're designed that way,' explains the actor, keen to emphasise the 'odd' socks are a statement, rather than a sleep-deprived morning hiccup. 'You can credit them as "model's own" if you want,' he jokes.

Ejiofor is clearly relaxed and the day is running smoothly. It's at this point on a shoot the team can let out a sigh of relief. But they don't. Because no matter how easy the 38-year-old's body language (he lounges on a chair, with an actor's awareness of his body), there is no getting away from the electric energy that comes from one thing, and one thing alone. There is a film star in the room – and everybody *feels* it.

Anyone who is familiar with his name (pronounced Chew-ih-tell Edge-ee-oh-four) will know it was Steve McQueen's adaptation of the 19th-century true story *12 Years A Slave* that propelled Ejiofor from respected British actor to international film star. His BAFTA-winning portrayal of Solomon Northup (a free man forced into slavery) hit a nerve – with both his sensitive performance and its social commentary – which had repercussions that

rippled around the world. When he accepted the Best Actor BAFTA in 2014, Leonardo DiCaprio stood up in the audience and whooped in support.

The film's success has led to the actor's busiest year yet. He has three big-budget films in the pipeline including *The Martian*, which co-stars Matt Damon. He's also rumoured to be in *Doctor Strange* – the Marvel blockbuster, with Benedict Cumberbatch. Impressive. Especially when he's also managed to find time for some stage work (*Everyman* at the National Theatre) along the way.

Theatre buffs, though, will know that his is not an overnight success story. Ejiofor has been quietly working in theatre since he was 15 years old. He'd already won an Olivier (for *Othello* in 2008) and an OBE (for services to the arts, also 2008) by the time he was 32 – and was awarded a CBE this year.

**'I DIDN'T THINK I HAD A CHANCE OF BEING A FILM ACTOR,'** says Ejiofor of his younger self. 'My focus was trying to get into the Royal Shakespeare Company or the National Theatre.' The thought of being a star 'never occurred to me', he muses.

Denzel Washington would disagree, having joked that he had Ejiofor marked for assassination, worried he would rise up in Hollywood and take the best parts. Ejiofor's rich voice, quiet intelligence and sensitivity – as well as an ability to look stunning in a suit – echo Washington's own Hollywood DNA.

When Ejiofor was starting out he was told to change his name, lest he spend his career playing solely African roles. 'I couldn't understand what >

MEN



Chiwetel Ejiofor  
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'The most important thing is to be aware of your own mortality,' says Ejiofor

the problem was,' he laughs. 'I mean, bring it on! Let's do that! They seemed to think it was a negative, but it allowed me to work in Africa, in England and in the States. And it led to a beautiful film, *Dirty Pretty Things* [2002's story of illegal immigrants in London].'

It also led to Steven Spielberg and an early break at 19 years old – a role in *Amistad* (1997), which Ejiofor says was 'amazing. It opened so many doors and allowed me to just get in the room'.

#### TWENTY YEARS ON AND THE NAME IS NO LONGER A PERCEIVED HINDRANCE.

What hasn't changed is Ejiofor's interest in roles that say something important. 'If a film moves me, it's probably because it has social implications. *Dirty Pretty Things* uncovered a universe we'd never talked about. I think that's a necessity to me, as it's part of my political make-up.'

I tell him the *Red* office loved him in Brit comedy *Kinky Boots*, in which he played Lola, a drag queen in killer heels. He smiles shyly. I wonder if his background prompts his political film choices? Ejiofor grew up in London's Forest Gate, the son of Nigerian refugees who came to the UK to escape civil war in the 1970s. One of four children, he says he actually 'lived a very middle-class life – my father was a doctor and my mother a pharmacist. So I was shielded from the implications of race and poverty, but I'm still aware of it, still able to see it and to form opinions about the implications...'.

The family regularly returned to Nigeria to visit family and friends. It was there (when Ejiofor was 11) that tragedy struck, leaving him with a permanent scar on his forehead. While in Nigeria he and his father were involved in a collision with a lorry. His father was killed and Ejiofor left dipping in and out of consciousness. The actor is genuinely unsure about how it's changed his path in life. 'It's impossible to know,' he says thoughtfully, but it's clearly had an enormous impact. 'The most important thing is to be aware of your own mortality,' he says after a moment's thought. 'If you've had contact with that "wolf in the woods" then for the rest of your life you know it's there.'

'It's a very different life, I think, if you are made aware of the randomness and viciousness in the universe, which is totally impersonal and yet can revolutionise your experiences in a heartbeat. That energy is a strange thing to encounter and a hard thing to turn away from.'

Which made Ejiofor's role in the much-lauded *Everyman* (at the National Theatre this summer) all the more poignant. It's the story of a man trying to thwart death, before finally accepting his fate and reconnecting with his family.

Ejiofor says he's 'always been close' to his family. 'It's a traumatic experience, though, for a family to go through, devastating. You have to rally around each other to get through it.' In particular, he feels there's a 'connective tissue between myself and my mum', which he says is ➤

It's a very different life, if you are made aware of the RANDOMNESS and viciousness in the UNIVERSE

caused by their shared experience of loss when young. His mother lost her four-year-old brother to an asthma attack, as a young girl, while escaping fighting in Nigeria. That was, though, 'a long time ago' and he has lighter family memories now.

'When I was rehearsing *Everyman*, I would occasionally come home to find the house had been cleaned, that there were some flowers on the table and food in the fridge,' he grins, talking of his home in north London.

'Home' is now between London and LA, where work takes him.

He says his mum was 'enormously proud' when he won a BAFTA for *12 Years A Slave*, but had a different career plan in mind for him as a teenager. 'I got good grades, so she wanted me to go to university at least,' he explains, 'but at 15 I was quite wilful and demanding. I got a scholarship to LAMDA and said I'd support myself with this job and that. It was a fait accompli, you know?'

He's clearly close to his brother and sisters, too. When I ask if he's aware of the irony, that he's intensely private and yet his younger sister works as an anchor for CNN, he smiles. 'It makes me laugh when people mention my sister,' he says, 'because the girls took the serious jobs and the boys... well.' He leaves it hanging but, for the record, one sister, Kandi, is a doctor, the other, Zain Asher, the news anchor, while his brother, Obinze, works as a fashion agent. 'I'm too sensitive to do what my sister does,' he says slowly. 'She's interacting with the reality of the social and political world. It would drive me completely nuts.'

**YOU SENSE THE GROWING INVASION OF HIS PRIVACY MIGHT BECOME STRESSFUL.** After *12 Years A Slave*, Ejiofor was photographed on the street with his long-term girlfriend, Sari Mercer. *OK! Nigeria* even put a press shot of the couple on its cover – standard fare for Brad and Angelina, but a new world for Ejiofor.

'Really?' he says, of the *OK!* cover. He clearly had no idea. He looks amused, before taking a deep breath and contemplating fame. 'I was very fortunate not to become famous overnight,' he says. 'To become suddenly well-known could be quite scary. To lose your anonymity overnight would be a massive thing.' At which point he checks himself: 'I mean, I talk of anonymity, and it would drive me nuts if I lost my anonymity for something I wasn't proud of. But it's also very gratifying that people relate to my work. But I'm not after fame for fame's sake.'

Which role, then, is most like the 'private' Ejiofor? 'I think Odenigbo, in *Half Of A Yellow Sun*, is who I'd



Ejiofor in *12 Years A Slave*, above, and in new film *The Martian*, below



imagine myself being – with all his faults and craziness – if I were raised in Nigeria in that era,' he says of the teacher-turned-activist who struggles with his marriage in the film based on Chimamanda Ngozie Adichie's novel of the same name. 'I'd probably end up close to him. He is someone whose mind and body want different things. He wants stability but he cheats on

his wife, he creates chaos.' Ejiofor laughs and points out, 'I haven't operated in the same way, but I know his mind-set. One side is controlling and one side is impulse.'

I joke that he has managed to keep his life so private, for all I know he could have five kids at home. He's very reluctant to talk about any plans to start a family, but if he did, what would be his hopes for them? 'There's an Igbo name, Obianuju, it's a girl's name. The translation is "to come into a place where there is plenty". For me, it has always been the most beautiful name to call a child. Because we have enough, we have plenty.'

Now that we are on the subject of kids, I remind Ejiofor he's said before that he's a bit of a loner and 'doesn't get lonely'. He nods his head in agreement. 'Being an actor is quite an isolating experience,' he says. 'In a sense, when the rubber hits the road, you go out there and nobody can help you with it. It's based on your own experience and imagination. Equally, there have been times when I haven't unpacked my suitcase for a year. If you need the company of others, you're in for a pretty miserable time. It's probably helpful to not need connections all the time.'

Apart from his dog, that is? 'Yes, apart from my dog!' He's said in the past he finds 'the simplicity and depth' of his relationship with Clay (a Pyrenean Shepherd) 'shocking'. Does he take him everywhere, on film sets? 'No, because he would get a little crazy!' He chuckles, 'And also, he becomes the focus of everything. He steals my limelight!' He steals my limelight! He chuckles, 'And also, he becomes the focus of everything. He steals my limelight!' He chuckles, 'And also, he becomes the focus of everything. He steals my limelight!' He chuckles,

See Chiwetel Ejiofor's best film moments at [REDONLINE.CO.UK](http://REDONLINE.CO.UK)

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# 'MY NAME IS CLAIRE AND I'M A NOSTALGIA ADDICT'

Like it or not, social media has made nostalgaholics of many of us. But Claire Donnelly, 41, warns there are dangers when the past is just one click away

**I**t's a chilly autumn evening and I'm getting ready to indulge in one of my favourite pastimes: settling in with a large glass of Malbec and my laptop, to reconnect with old friends online. With the children in bed and my teacher husband head down in a pile of marking, I'm about to lose myself in a few hours of trawling social media, searching for former friends to hook up with, so we can talk about the 'good old days'.

After trading Facebook messages and long-lost in-jokes ('Did I really have that perm?'), it won't be long before I'm plotting to take the nostalgia further. I'll source a venue and ping out invites to a full-scale reunion, where we can meet up and wallow in the past – and, just as importantly, check up on where we've all got to in the present.

Recently there was the 10-course, Michelin-starred dinner I arranged to celebrate the two decades since my closest university friends and I first said a shy 'hello' to each other in the English department corridor, and the evening spent in a pizza restaurant, mulling over 15 years of friendship with my journalism college alumni. And who could forget the Boxing Day knees-up with the group of former underage drinkers I first hung out with in 1989? This month's venture? A tapas evening bringing together colleagues from my first newspaper job.

Ever since the heady days of Friends Reunited (I was an early adopter), I've been bingeing on sites like Facebook and Instagram. Autumn is a particularly susceptible time because darkening evenings curtail outdoor projects, and there's that back-to-school mood that inevitably leaves me wondering what happened to former pals. Compelled by my sentimental nature and a pathological sense of nosiness, I love seeing what they're up to and reigniting shared memories.



My husband John, 43, doesn't understand the attraction – he can't see why anyone would want to speak to people you haven't seen for years. But I love it. And I'm not the only one who's unable to resist the pull of my past. The rise of social media is making nostalgia obsessives of us all.

With its unparalleled ability to revive friendships at the touch of a button, it's hard to engage without delving into the past. As a result, there can be few of us who haven't googled the most popular girl in school to see where she is now, or Insta-stalked an ex. From there, you're only a few clicks away from arranging a face-to-face meeting and becoming a functioning nostalgia junkie like me.

**RECONNECTING ONLINE IS THE WAY I CHOOSE TO SWITCH OFF FROM DAY-TO-DAY LIFE.** While others might head to Pilates or join a book club, this is my 'me time', my chance to decompress after days spent working, ferrying my boys, Frank, nine, and Stanley, seven, from school to football and piano lessons, then cooking dinner. Getting together – either online or in person – with people I was friends with 20 or more years ago helps remind me of a younger, more carefree me, the woman I was (and still am deep down) before kids and work took over.

There's also that particular, soothing joy that comes from meeting up with old acquaintances – people you don't have to explain yourself to, who understand where you come from. But with the evenings spent online and the nights out, nostalgia can be a time-consuming hobby. None of this would be doable without a job that allows me flexibility, and a husband who's happy to babysit if I need an evening off, or even a weekend. Though John doesn't share my passion for the past, he understands that celebrating old friendships satisfies a need in me. I rationalise that it >



takes up no more time than a sporting hobby would.

There are occasions when juggling work deadlines, two children and arranging a 40-person shindig can get fraught – like the time the restaurant I'd booked for a post-grad reunion closed a week before we were due to visit. And while memories can be wonderfully life-affirming – after all, they're a huge part of what makes us

human – nostalgia for the past must be handled with care. Because after these joyful reunions, I've often experienced a soul-searching low, a kind of 'nostalgia hangover'.

### I'VE COME TO THE REALISATION THAT NOSTALGIA HAS A WAY OF AMPLIFYING MY INSECURITIES.

It forces me to compare myself to others in a way that isn't always healthy – like the time I flicked through a school friend's holiday snaps on Facebook and resolved to whip my size 14 backside into shape. Or the moment I thought, 'I must work harder,' after hearing how a former colleague got up at 5am for years to get her book finished. And when I'm bickering with my husband about whose turn it is to empty the washing machine again, it's easy to think life might have been more glamorous if we'd chosen other people (it wouldn't). I'm proud when good friends achieve success, but when it's someone I've not seen for 20 years? Jealousy creeps in.

My mum summed it up pretty well. On one particularly bleak morning after – a combination of too many reunion cocktails and some serious lifestyle envy – she asked, 'If you're spending so much time thinking about the past, what does it say about your present?'

She's right, of course. The logical me knows I've got so much to celebrate – a strong marriage, two wonderful, healthy children, a lovely house and my dream job as a freelance writer. But the nostalgaholic in me still hankers after my past dreams and ambitions and I end up hating myself when I don't measure up.

These are anxieties my closest friends experience, too. As Rachel, 41, a healthcare worker who I've known since our first day at senior school, says, 'Catching up with everyone is a massive thrill, but every time I go to a reunion I come home questioning the way I'm living my life and the choices I've made.'

'Nostalgia is a powerful thing,' agrees psychologist, therapist and relationship expert Tiffany Quin. 'While it can be a wonderful way to celebrate past successes, it makes us reflect on the way we're living today. That's fine if you're completely happy with your lot, but if you're

dissatisfied – and most of us have something we're not entirely content with – it can only make things worse.' When you've spent the night reliving those carefree days when you didn't have to juggle deadlines, bills and school runs, it's hard not to be dazzled. If things aren't going well at home, it's all too easy to throw on a giant pair of rose-tinted glasses and wonder, 'What if?'

### EARLIER THIS YEAR, A ONE POLL REPORT BLAMED FACEBOOK FOR ITS PART IN THOUSANDS OF BRITISH DIVORCES,

and found that half of all married women had a 'back burner' partner waiting in the wings – an old flame they were secretly keeping in touch with online, just in case. This doesn't surprise me: several of my friends have rekindled old relationships as a result of social media, or after their eyes met across a crowded reunion. The levels of intimacy vary – from late-night messaging to one-night stands and full-blown relationships – but all were fuelled by the seductive power of the past. Maybe the love was there all the time, waiting to be resurrected, or maybe they just hit a low and seized on the chance to feel close to someone they shared a history with?

My friend Celine\*, 43, spent the night with an ex when her relationship was in a bad place, and says being

wrapped in wistfulness meant it would have been easy to mistake the experience for something more than an opportunistic fling. 'When you're with someone you dated at 21, as soon as you kiss them you feel 21 again,' she says. 'There was something seductive about being able to pick up where we left off after all these years. The problem starts when you mistake that for true love – in the cold light of day, I realised that

wasn't the case. If it was, we probably wouldn't have waited 20 years to meet up again, would we?'

That's the danger. Seen through a veil of fond memories, that idiot you dumped in your twenties can suddenly look like a tempting way out of a stale relationship. I've got friends who've abandoned social media altogether, to avoid the constant 'compare and review' feelings it prompts.

As for me, now aware of the pitfalls of looking back, I'm learning to find contentment in the present; that it's far healthier to live in the here and now. So, no, I haven't got around to drafting that BAFTA-winning TV script (yet), and I'm not quite the svelte size 10 I was when I left school – but so what? Raising two children and forging a successful career has kept me ridiculously busy, and I like to think that I'm doing alright. More than that: when I'm not looking back, I am happy. If you aren't, then nostalgia is a force you should probably leave well alone. Because, yes, remembering the past is fun, and it can provide a welcome distraction from the day-to-day grind. But when the party's over, you have to be confident that you can leave those memories at the venue door. ☺

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# Reads

Edited by HANNAH DUNN

## Patti POWER

With a brand-new memoir and a TV show in the making, Patti Smith is on a roll, says Natasha Lunn

I still remember the first time I saw Patricia Lee Smith. I was 15, she was 28, standing defiantly in a white shirt and black peg trousers on the front of her album, *Horses*. She looked just like her music: vulnerable but strong; graceful but fierce. She transfixed me.

As the years passed, I learned to worship Patti for more than her ability to nonchalantly swing a jacket over her shoulder. I discovered her many different lives – as a musician, painter, poet, photographer, mother and crusader – and in a world where many women become invisible as they age, her voice only grew louder, stronger, more determined. And today, at 68, with a TV version of her biography *Just Kids* in the pipeline and a new memoir, *M Train*, out this month, she's more visible than ever.

In *M Train*, she reveals the turning points in her life (from the death of her husband to Hurricane Sandy) as she travels from Greenwich Village to Frida Kahlo's house in Mexico. It's a beautifully written reminder of all the reasons Patti is – and always will be – an artist and a heroine. »  
*M Train* by Patti Smith (Bloomsbury, £18.99; out October 6th)



1



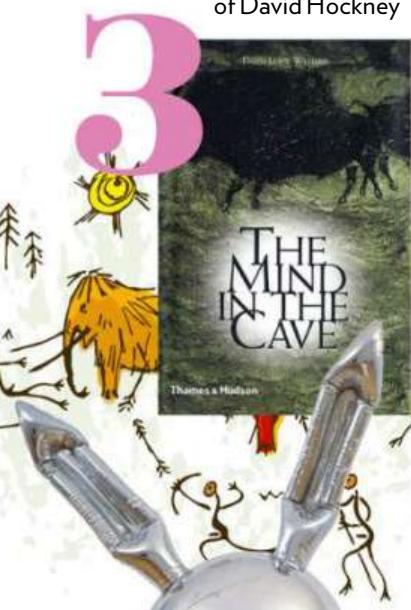
## HOT LIST

ART,  
glorious art

A whole host of art fairs hit the capital this month, starting with Frieze London. To celebrate, top curator Clare Lilley shares her all-time favourite art books



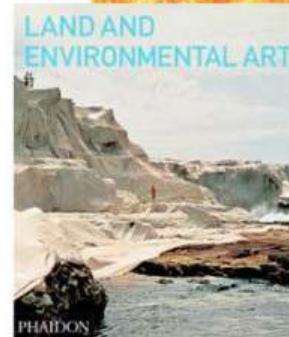
*The Blue Guitar* brings together the poetry of Wallace Stevens and the etchings of David Hockney



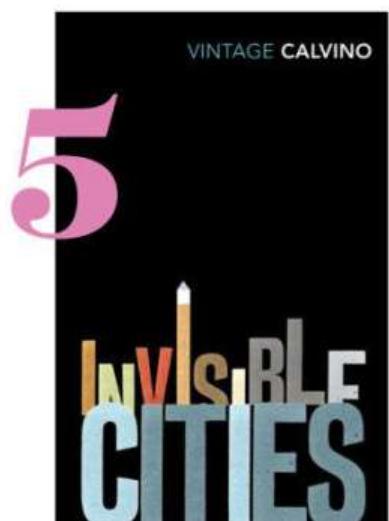
*Sculpture: From Antiquity To The Present Day* features the work of Jeff Koons



2



*Land And Environmental Art* explores the relationship between art and our surroundings, and features pieces by Agnes Denes, above, and Peter Fend, below

1 **THE BLUE GUITAR ETCHINGS BY DAVID HOCKNEY (PETERSBURG PRESS, £47.50)**

I've had this book with Picasso's *The Old Guitarist* painting on the cover for 30 years. In it, the sublime Wallace Stevens poem about wonder, truth and possibility is illustrated with superb etchings by Hockney. A union of three great artists, I can't imagine life without it.

2 **LAND AND ENVIRONMENTAL ART BY JEFFREY KASTNER AND BRIAN WALLIS (PHAIÐON, £45)**

This is the go-to book on the subject, and it's one that enthralled me. It begins with the mid-20th-century Americans who took art out of the gallery and made the landscape their medium, and traces a fascinating journey into the 21st century, using the artists' own writings.

3 **THE MIND IN THE CAVE BY DAVID LEWIS-WILLIAMS (THAMES & HUDSON, £14.95)**

This meticulously researched volume looks at art made during the Late Stone Age. The fact that humans created paintings and carvings at a time when you'd expect them to be doing nothing but finding food and keeping warm and secure allows us to see that art isn't an optional add-on, but central to human life.

4 **SCULPTURE: FROM ANTIQUITY TO THE PRESENT DAY BY GEORGES DUBY AND JEAN-LUC DAVAL (TASCHEN, £27.99)**

Although it no longer takes us quite up to the present day, this incisive book is a comprehensive overview of western sculpture as far back as the 8th century BC. The photographs are superb and the texts completely reliable, and the story it traces is one of the highest human endeavour.

5 **INVISIBLE CITIES BY ITALO CALVINO (VINTAGE, £7.99)**

Not strictly an art book but so important for thinking about the rich layers of life around us, our frailties, how we question and how we find meaning. And all in Calvino's precise, unctuous voice as an imagined Marco Polo describes the cities he has visited to Mongolian emperor Kublai Khan. Clare Lilley is director of programme at the Yorkshire Sculpture Park and curatorial advisor to Frieze Sculpture Park. Frieze London, October 14th-17th; [friezelondon.com](http://friezelondon.com)



MEMOIR

# All about the GIRLS

A London rally for equal pay for women, 1969



As cover girl Helena Bonham Carter's new film *Suffragette* finally hits the big screen this month, Sarra Manning pays tribute to the books that made her a feminist

I felt my initial feminist stirrings on the day I got my first library card. My nascent feminist role models were Harriet the Spy, Beverly Cleary's Ramona, Petrova Fossil from *Ballet Shoes*, who'd rather fly planes than plié... even poor old George who had to cross-dress to try and get some respect from Julian and Dick in the Famous Five books.

Fast forward to my angst-ridden teen years, when I was rarely seen in public without a copy of *The Bell Jar* or *Bonjour Tristesse*. To be a girl was to suffer and to wear a lot of black, though I couldn't help but crush on the ballsy, wisecracking women in the bonkbuster novels I secretly read. I learned more

from Jackie Collins than I ever did from Germaine Greer.

But it was reading Virginia Woolf's *A Room Of One's Own* at 17 that was my true feminist epiphany.

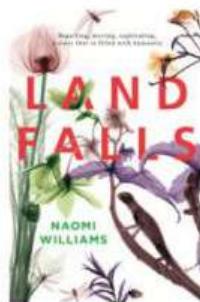
To this day, it still resonates with me and was a huge influence during my student years. I studied French feminist theory, listened to a lot of Patti Smith and wrote my dissertation on Julie Burchill's ambition. No wonder that I grew up to write

YA novels featuring feisty, stroppy feminist heroines.

I'm still a fully paid-up, card-carrying feminist, but there are times when I get a little battle-weary. Then I reread my favourite passages from Caitlin Moran's *How To Be A Woman* and I'm ready for revolution all over again.

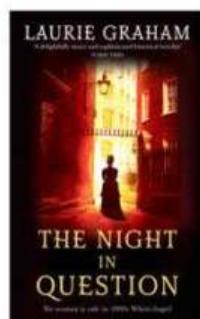
'I grew up to write YA novels featuring feisty, stroppy feminist heroines'

## Sara Manning's must-reads



**Landfalls**  
by Naomi J Williams  
(Virago, £14.99; out October 22nd)

A beautifully written tale of two French ships that set off in 1785 on a round-the-world voyage of scientific discovery and personal heartbreak.



**The Night In Question** by Laurie Graham (Quercus, £19.99)

The story of Jack The Ripper told from the often-acerbic point of view of East End music-hall star Dot Allbones. Another gem from Laurie Graham.



**Slade House**  
by David Mitchell (Sceptre, £12.99; out October 27th)  
David Mitchell's novels always read like poetry, but this one, about a haunted

house, scared the very bejesus out of me. It will give you nightmares.

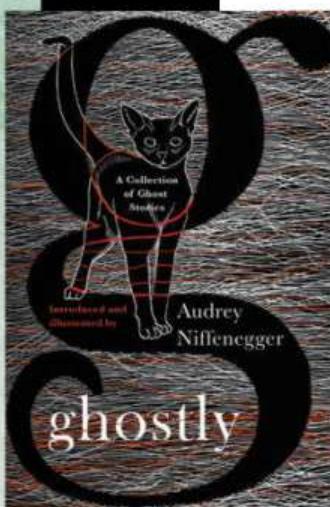


**Spectacles**  
by Sue Perkins (Michael Joseph, £20; out October 8th)

Relentlessly cheering, *Spectacles* is as charming and funny as Perkins herself. Like going for a long, slightly drunken lunch with your naughtiest friend. »



**Ghostly:**  
*A Collection Of Ghost Stories*, below, is the latest project from author and artist Audrey Niffenegger, above



#### **You're working on a follow-up to *The Time Traveler's Wife* – what can you tell us so far?**

It's about Alba, Henry and Clare's daughter, as a grown-up, and it's set slightly in the future so I have that problem of inventing worlds, but I'm not doing anything too radical.

#### **You write love stories so effortlessly – what's the trick?**

Just try very hard to stay close to what that person would really do, think, or feel in the situation, however strange that situation may be. You get these plots that are like straitjackets because the characters are caught up in them and have to behave in a certain way, whether they want to or not, and you can almost see the characters thinking, 'Wait, I wouldn't do that.'

# Q&A

# 'People are the most INTERESTING things to me'

Enter the creative world of Audrey Niffenegger, *The Time Traveler's Wife* author, artist and curator of a new book of ghost stories

#### **Tell us about *Ghostly*, your new collection of scary stories...**

The collection spans all the way from Edgar Allan Poe to a young writer just starting out. I like things that mingle the ordinary with the strange. I was joking that the theme is cats, lovers, houses and children, because there's a lot of domesticity in these stories.

#### **Do they scare you?**

To me the point of the ghost story is not to scare people; it's to highlight experiences and emotions that we have anyway. AS Byatt's story, *The July Ghost*, is about the ghost of a child. The mother is in shock at the death of her child and there is this intense sense of loss. Byatt did actually lose a son – I didn't know that when I was reading it, but you can really feel that gasp of loss that pins the whole story down and makes it so intense.

#### **You're working on a follow-**

#### **What's the best part of writing?**

The beginnings are always kind of painful, because there's just a lot of groping around and a lot of deleting, and it's a bit sad when it's over. But the middle is just wonderful because you've built your world, you have your characters, it's just playtime.

#### **What inspires you?**

I'm not all that interested in creating entire worlds from scratch, because for me what is interesting is people, and how they react, and how we adapt to things. It's almost like a dream, where something really odd is happening, but you're okay with it.

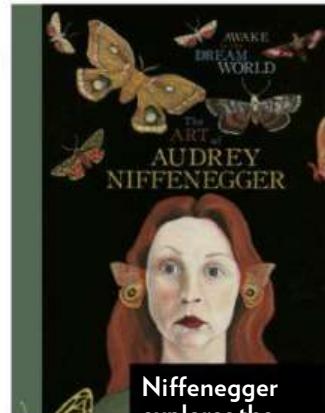
#### **You also create beautiful illustrated novels. Who inspires your art?**

I just saw the Joseph Cornell exhibition at the Royal Academy of Arts – he's one of my greatest influences. There is something very playful about his work, and there's something very alone about his work. He seems both delighted in the things he's making, and also as though he is on a planet all by himself.

#### **Finally, what's your best thing in life?**

What I'm really enjoying right now is that I have finally found some kind of balance between work and love. I wouldn't pick one over the other, but it is nice to be able to have both right now. »

*Ghostly: A Collection Of Short Stories* edited, illustrated and introduced by Audrey Niffenegger (Vintage Classics, £14.99; out October 6th). *Awake In The Dream World: The Art Of Audrey Niffenegger* by Audrey Niffenegger (Jonathan Cape, £25; out November 5th)



Niffenegger explores the classic fairy tale in *Awake In The Dream World*; one of her own illustrations from the book, below



'Joseph Cornell is one of my greatest influences,' says Niffenegger

# FINDING THE ONE WITH TRIUMPH AND RED

Join the *Red* fashion team and Triumph's brand ambassador Lisa Snowdon to find your perfect bra



**F**inding the perfect bra is the holy grail in dressing. One that fits perfectly, one that nestles comfortably under your clothes, actually enhances your shape and creates smooth, invisible lines. Yes, we've struggled too, which is why it comes as no surprise that so many other women are not only wearing the wrong bras for their shape, but often in the wrong sizes, too.

In response to this, Triumph have launched the Lingerie Studio which brings to life some of the bra-fit challenges that women face, in partnership with local bloggers

Carrie Harwood, Sandra Hagelstam, and Rosie Fortescue.

Inspired by the Lingerie Studio, *Red* have teamed up with Triumph to bring you a masterclass in helping

**'76%\* of women wear the WRONG bra size'**

you to find the one bra fit for you. You will also have the chance to meet Triumph's A/W 15 brand ambassador, broadcaster and model Lisa Snowdon who will speak about her own lingerie journey, together with the *Red* fashion team who will be sharing

their insider tips on the new-season lingerie trends to invest in.

Inspired by Parisian glamour and romance, the A/W 15 Triumph collection features luxurious fabrics and sumptuous colours with a wide range of different fits and product innovations, including Triumph's latest design, the Magic Wire. A flexible piece of silicone that replaces the traditional metal wire.

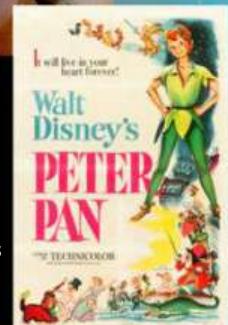
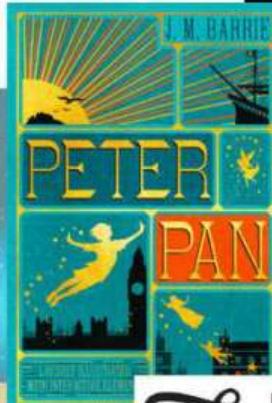
With so many styles to choose from, a 20% off exclusive discount, and a little help from the Triumph team of expert fitters, you will leave this event having finally found your perfect bra.



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## SPOTLIGHT

# The magic that never grows old

With Peter Pan back on the big screen and a TV show airing later this year, Samantha Harris investigates Neverland's eternal allure

**A**s children we have the propensity to become enchanted by fantasy worlds, and for me it was the adventures of Peter and Wendy in Neverland. I would lie in bed under my duvet, my torch lighting up the pages, and dream of a world filled with fairies, mermaids, redskins and pirates. When I eventually closed the back cover, I felt like I'd lost a friend.

The story has stayed close to my heart ever since. Whether it's film adaptations, live plays or rereading different editions, it always gives me a lump in my throat. A story of belief and optimism, it made me realise how precious my childhood was.

There's a reason J.M. Barrie's story has charmed children and adults for more than a century. Fizzing with romance and emotion, you can't help but get lost in the otherworldliness and become enamoured with the now-iconic characters.

This month, our love affair with Barrie's tale endures with the release of feature film *Pan*, following the story of how Peter became the boy

who wouldn't grow up, starring Rooney Mara, Hugh Jackman and Cara Delevingne. There's also a new television drama, *Peter & Wendy*, on ITV in November, which tells the story through Wendy's imagination, with Stanley Tucci as Hook, Laura Fraser as Mrs Darling and Paloma Faith as Tinker Bell.

Meanwhile, a lavishly illustrated new edition of the book, filled with stunning interactive elements – from a foldout map of the Lost Boys' home to a 'croc o'clock' with rotating hands to tell the time – will once again stand proudly on our bookshelves. Because *Peter Pan* is a story that continues to inspire and fascinate us, and never grows old – just like Peter himself. A timeless classic with hope at its heart, it's a poignant reminder of the quick passing of innocence and youth. I don't think there will ever be a place more magical than Neverland. *Pan* is in cinemas on October 16th. *Peter & Wendy* is on ITV in November. The new edition of *Peter Pan* by J.M. Barrie (Harper Collins, £18.99) is out now

A new edition of *Peter Pan* (above, left) and a new film, *Pan*, starring Levi Miller (above) are the latest in a long line of reimaginings of J.M. Barrie's original play

### Made for little ones

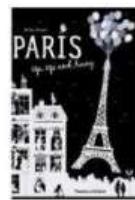
These children's books are so stylish you'll be reading them, too



**The Big Adventure Of A Little Line** by Serge Bloch (Thames & Hudson, £12.95; out October 26th)

The simplest stories are often the best.

This one follows a line that comes to life and leads a little boy on big adventures.



**Paris Up, Up and Away** by Hélène Druvert (Thames & Hudson, £14.95; out October 5th)

In this sweet tribute to Paris, the Eiffel Tower takes flight to explore the sights of the most romantic city in the world.



**Big Bear Little Chair** by Lizi Boyd (Chronicle, £10.99; out October 6th)

This brilliant collection of total opposites follows Big Bear and Little Bear, and all the unexpected things they encounter.

# IN HER SHOES



**96%** of Red readers agreed that it produces visible results\*



Maids to Measure founder Sinclair Sellars knows that the perfect pedicure is like an MOT for your feet

When you're in a busy client-facing role, it's important to pay attention to your feet, especially when you need to look perfect from top to toe. That's why Sinclair Sellars, founder of bespoke bridesmaid-wear boutique Maids to Measure, regularly treats her feet to a relaxing pedicure. And thanks to Scholl's Velvet Smooth

Diamond Express Pedi, she can rest safe in the knowledge that her feet will always look both soft and beautiful. Sinclair admits it's an 'amazing find that gives you a truly professional result'. So if an excited bride-to-be is looking

for advice on the best pedicure, she's ready with a recommendation that will leave her with visibly smooth feet in whichever fabulous shoes she chooses for her special day. And Sinclair isn't the only one who is impressed with the results – 96% of Red readers who tested it said

**96%**  
found Scholl's  
Velvet Smooth  
Diamond  
Express Pedi  
leaves the skin  
soft and smooth\*

the Scholl Express Pedi produced visible results, and left their skin feeling smooth. 80%, meanwhile, agreed it's a must for at-home pedicures.

So if you're looking for a way to give you – and your feet – a little bit of extra TLC, try out the Scholl Velvet Smooth Diamond Express Pedi today and pamper yourself after a long, hard day's work. It's time to give your feet a well-deserved makeover!

For more information about the Velvet Smooth range, visit [scholl.co.uk](http://scholl.co.uk)



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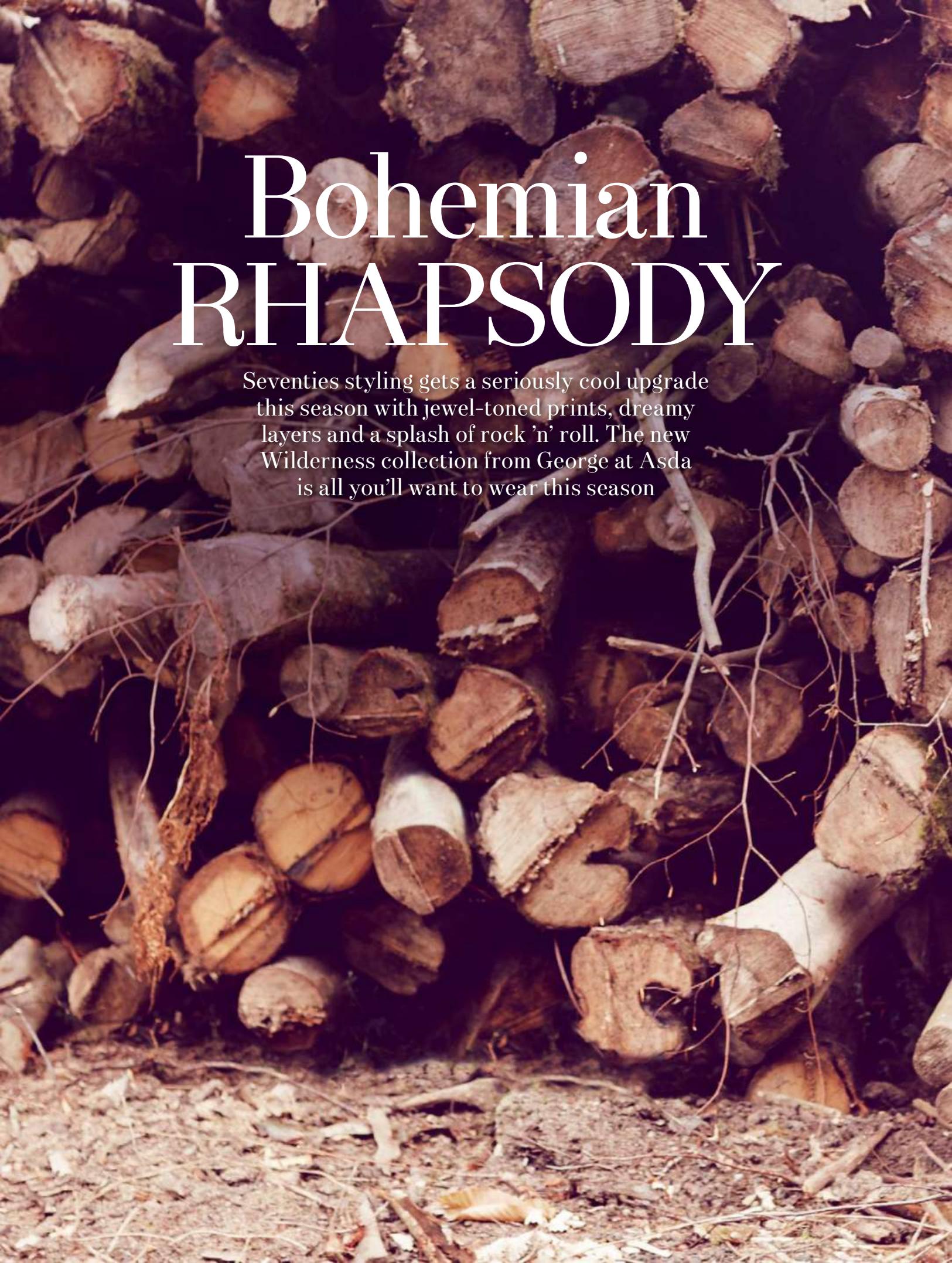
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# Bohemian Rhapsody



Seventies styling gets a seriously cool upgrade this season with jewel-toned prints, dreamy layers and a splash of rock 'n' roll. The new Wilderness collection from George at Asda is all you'll want to wear this season

Red PROMOTION



**Blazer, £25.  
Jeans, £18. Hat,  
£8. Shoes, £20;  
available from  
October 11th**



**Wrap, £14.**  
**Blouse, £14.**  
**Jeans, £18**

*Red* PROMOTION

**Gilet,** £35;  
available from  
November 9th.  
**Dress** £16;  
available from  
October 12th





**Gilet, £25. Top,**  
**£14. Leggings,**  
**£12; available from**  
**October 4th**

*Red* PROMOTION

**Wrap, £14.**  
**Socks, £6**  
available from  
November 15th





**Gilet, £20.**  
**Blouse, £14.**  
**Jeans, £16**

*Red* PROMOTION

Dress, £16.  
Hat, £8



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# Fashion

Edited by NICOLA ROSE



## GRAB YOUR COAT

Here comes the new outerwear, and it's looking divine: the CAPE, the FURRY, the TWEED – we want them all. Then let's talk about PINK (so flattering), before we step inside Dior Haute Couture.

It's the stuff of dreams

Wool coat, £625;  
wool- and alpaca-mix  
jumper, £255; wool  
trousers, £295, all DKNY.  
**Leather bag**, £950, Anya  
Hindmarch. **Leather**  
**trainers**, £285, Paul Smith

## NEW BOYFRIEND

The boyfriend coat gets a modern-vintage refresh care of MaxMara's all-over lace appliquéd. Equal parts pretty and fresh

Lace and wool coat,  
£2,945, MaxMara



## MODERN CAPE

All the elegance of a trench (opposite) but with the added flair of a cape, this is a standout way to wear camel for A/W 15

**Wool cape**, £2,090, Michael Kors Collection. **Wool-mix top** (just seen), £260, Kenzo. **Wool and shearling hat**, £85, Paul Smith. **Leather boots**, £660, Sonia Rykiel

# IT'S A WRAP

A full-page photograph of a woman walking through a park. She is wearing a long, light-colored coat, dark shorts, a dark cap, and dark boots. Her coat is wrapped around her like a shawl. She is looking over her shoulder. The background is filled with green trees and bushes.

FROM SHAGGY FURS TO HERITAGE TWEEDS, WHEN IT COMES TO THIS SEASON'S COATS, ANYTHING GOES... IT'S TIME TO TRY SOMETHING NEW

*Photographs CHRIS CRAYMER  
Styling NICOLA ROSE*



## SUPER FURRY

**Nobody does faux better than Stella McCartney – and when this faux fur hit the catwalk, it took our breath away. Chic, confident and seriously cool**

**Faux-fur coat,**  
£3,220, Stella  
McCartney.  
**Cotton belt,** £210,  
Marni. **Cotton socks,**  
£17, Paul Smith. **Leather**  
**shoes,** price on request,  
Christian Louboutin

## SOFT SWING

With volume in all the right places, Armani's cleverly crafted swing coat is an instant classic. Let it flow or cinch it in with a favourite belt

**Wool-mix coat, £1,165;**  
**wool-mix top, £345;**  
**wool trousers, £345;**  
**leather bag, £450,**  
all Emporio Armani





## SLEEK TWEED

Ladylike and cut to perfection, this Prada tweed sings of sophistication. A simple splash of sparkle makes it truly unique

**Wool coat, £2,185; cotton shirt, £325; crystal and ruby brooches, from £215 each, all Prada**

## PERFECT BLUE

**Every woman needs a Crombie-style coat in her wardrobe. New-season tip: skip the black and choose inky blue or navy**

**Wool coat, £299;**  
**cashmere jumper, £69,**  
both Marks & Spencer.  
**Brass and suede bag,**  
£1,100, Anya Hindmarch



## TIMELESS LUXE

The ultimate investment coat? You're looking at it. Cashmere, suede and high-shine leather is the luxest cool-weather combination

**Cashmere coat**, £5,400,  
Dior. **Wool jumper**  
(just seen), £209, Sandro.  
**Suede dungarees**,  
£185, Topshop. **Leather boots**, £485, Tod's



## URBAN PONCHO

Winter weekends call for something different – like Paul Smith's fashion-forward lace-up poncho. That hint of brick red takes a boyish look to the next level

**Cotton coat**, £1,400; **leather bag**, £650, both Paul Smith. **Cotton top**, £185, Joie. **Leather gloves**, £660, Marni



**SIXTIES HIT**  
True to its rock 'n' roll roots, Saint Laurent keeps things chic with this Sixties-inspired style

**Wool coat**, £1,685;  
**leather and metal bag**,  
£1,125; **leather bag** (just  
seen), £805; **leather  
boots**, £675, all Saint Laurent by Hedi Slimane





## SHEARLING

**Shorter, sharper and with extra attitude – this is how we'll be wearing this season's shearling**

**Shearling coat, £1,900; silk scarf, £175, both Coach. Wool trousers, £380, Bella Freud**

Model Benthe at Next London. Hair Christos Kallaniotis at One Represents, using Aveda. Make-up Silver at silverbramham.com, using Chanel Le Lift and Le Volume Ultra-Noir. Stylist's assistant Chloe Forde. Digital technician Alex Dow

A full-page photograph of a woman standing against a plain, light-colored background. She is wearing a voluminous, dusky pink wool coat over a mustard-yellow crepe top. She is also wearing high-waisted, grey wool trousers and a small, tan leather shoulder bag. Her hair is blonde and slightly messy.

**Escada's dusky pink coat makes the perfect partner to this season's long and loose trousers. Super-slouchy and super-stylish**

**Wool coat**, £2,890, Escada. **Viscose and crepe top**, £540, Marni. **Wool trousers**, £395, Amanda Wakeley. **16ct gold-plated earrings**, £65, Joomi Lim. **Suede bag**, £575, Jimmy Choo

# MAKE ME BLUSH

PINK IS STILL FASHION'S SWEETEST STAR. SHOWER YOUR WARDROBE WITH EVERY SHADE POSSIBLE, AND MIX WITH NEUTRALS AND SHEARLING. FEELS SO PRETTY...

*Photographs THANASSIS KRIKIS  
Styling STEPH STEVENS*



**Strokeably soft  
shearling, coral  
suede and a flavour  
of the Seventies:  
Sonia Rykiel's winter  
warmer is a true  
statement-maker**

**Suede and shearling  
coat, £5,600; suede  
belt, £338, both Sonia  
Rykiel. 18ct gold and  
Akoya pearl earrings,  
£230, Mikimoto**

**Remix Chanel's bubblegum-pink Parisian chic with on-trend culottes, then throw on some bold wedges and work that look**

**Organza top**, price on request, Chanel. **Wool-mix culottes**, £660, Emilia Wickstead. **18ct gold-plated sterling silver and pearl ring**, around £83, Jane Kønig. **Cotton socks**, £9.90 for a pack of three, Uniqlo. **Leather and wood shoes**, £478, Rachel Comey at Matchesfashion.com



**A delicately ruffled pussybow blouse feels distinctly modern teamed with a skinny polo neck and mannish slacks**

**Silk blouse**, £275, Paul & Joe. **Modal-mix top** (worn underneath), £39, Kettlewell Colours.

**Velvet trousers**, £210, Paul & Joe. **16ct gold-plated earrings**, £65, Joomi Lim. **Modal-mix socks**, £3.50, Topshop. **Patent-leather shoes**, £175, Russell & Bromley





In an elegant autumn/winter parade, Prada's 1950s tailoring stands out with aplomb. Wear with pearls and undone hair

**Jersey coat**, £1,835,  
Prada. **Crepe de Chine blouse**, £295,  
Philosophy Di Lorenzo Serafini. **Earrings**, as before. **Freshwater pearl and sterling silver necklace**, £420,  
Coleman Douglas Pearls



**Karen Walker's  
vibrant, girlish A-line  
skirt gets a sharp  
finish care of this  
cropped jacket by  
Tod's. Instant classic**

**Wool and leather  
jacket, £1,680, Tod's.  
Modal-mix top (just  
seen), £39, Kettlewell  
Colours. Poly-mix skirt,  
£124, Karen Walker**



**Meet the LPD:**  
thigh-skimming and  
dotted with textured  
décor, this Mulberry  
It-dress is a whole  
new brand of hot pink

**Wool and leather coat,**  
£2,590, Fendi. **Wool dress,**  
£1,500, Mulberry. **Earrings,**  
as before. **Rings,** from left:  
**18ct gold-vermeil and**  
**black pearl,** £125; **18ct**  
**gold-vermeil and Akoya**  
**pearl,** £125, both Phoebe  
Coleman. **18ct gold-plated**  
**sterling silver and pearl,**  
around £83, Jane Kønig.  
**18ct gold-vermeil and**  
**black pearl** (just seen),  
as before. **Socks; shoes,**  
both as before



**Experiment with powder pinks by layering with neutral tones, such as camel and cream. Just add a dramatic earring to offset the calm**

**Viscose and spandex top.** £235, DKNY. **Silk top** (worn underneath), £299, Paul Smith. **Corduroy trousers**, £460, Vilshenko. **Plastic and metal earrings**, £284, Oscar de la Renta at Matchesfashion.com



**How much do you  
heart pink? This  
love-always Gucci  
day dress calls for  
little more than a  
pair of pretty flats**

**Viscose dress, £1,560,  
Gucci. Ring, as before.  
Patent-leather shoes,  
£450, Jimmy Choo**



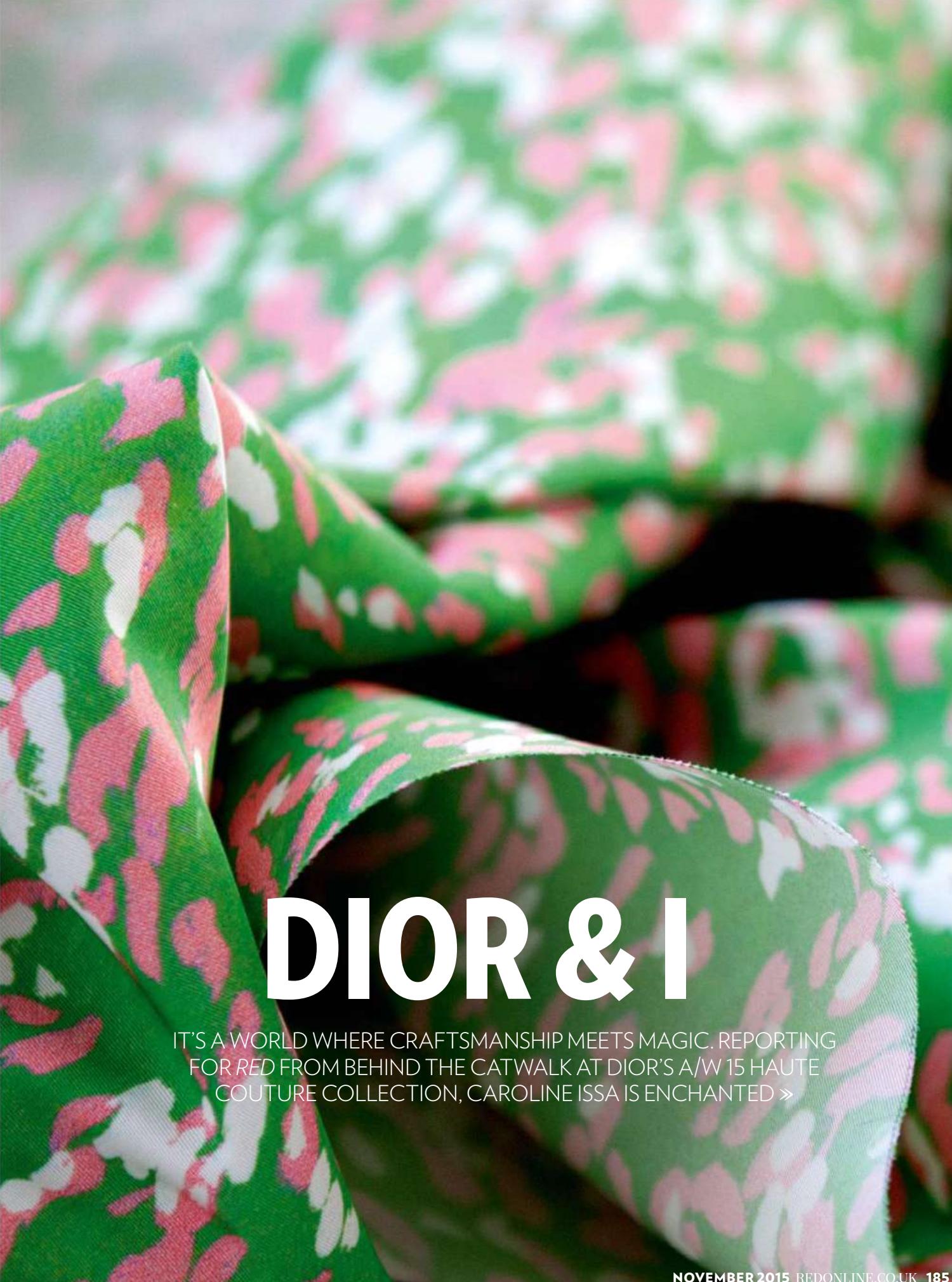
Pink on pink doesn't have to mean overkill. A mix of textures is all the contrast you need

**Wool-mix coat**, £1,400,  
Emilia Wickstead. **Wool-mix jumper** (just seen), £597,  
Vionnet. **Earrings**, as before

Model Sam Rayner at Elite Toronto.  
Hair Christos Kallaniotis at One  
Represents, using Aveda. Make-up  
Silver at silverbramham.com, using  
Chanel Le Lift and Le Volume  
Ultra-Noir. Nails Kim Treacy at LMC  
Worldwide, using Chanel Christmas  
2015 and Body Excellence Hand  
Cream. Stylist's assistant Sophie  
Hooper. Location Spring Studios

A woman with dark hair tied up, smiling, wearing a long, flowing coat with a green, pink, and white floral pattern. She is standing in front of a window with a decorative metal frame. To her left, a rack holds several other garments, including a light-colored dress with a subtle pattern.

**Caroline Issa at the Dior couture salon, Paris, wearing a printed faille taffeta coat, part of Dior's A/W 15 Haute Couture collection. It's made from 34 metres of fabric, has two petticoats and takes 150 hours' work in the atelier**



# DIOR & I

IT'S A WORLD WHERE CRAFTSMANSHIP MEETS MAGIC. REPORTING FOR RED FROM BEHIND THE CATWALK AT DIOR'S A/W 15 HAUTE COUTURE COLLECTION, CAROLINE ISSA IS ENCHANTED »



For Issa, it's the petites mains working to create Dior's gowns who are the stars of the atelier

**Knitted jacquard dress, £1,750, Dior**



“  
How does it FEEL  
to wear a piece of  
COUTURE? It’s quite  
SPECTACULAR  
”

**L**ike many a fashion fan, *Red* contributing editor Caroline Issa was mesmerised by *Dior And I*, the documentary that opened the lid on the rarefied world of haute couture, to reveal a real-life fairy tale of the petites mains (aka the dressmaker's elves), the ghost of Mr Dior himself and a modernising prince in the shape of artistic director Raf Simons, who has woken up the house for the new generation of fashion critics and clients.

Here, Issa steps behind the scenes at the storied atelier as the final stitches are being made to Simons' A/W 15 Dior Haute Couture presentation.

#### MY FIRST EXPERIENCE OF COUTURE WAS ABOUT SIX OR SEVEN YEARS AGO.

It was otherworldly. You can't believe there's this other realm of craftsmanship. It was completely different to ready-to-wear, which is so much faster. In-between shows, you can just kind of drift, think and appreciate. Every time I come back, it's always such a beautiful, special thing to behold. You know you're going to see magic coming down the runway.

Lacroix couture was one of my first shows. I also went to his last couture show in 2009 when everyone was balling their eyes out at the end. It was so emotional and so symbolic of the story of couture – the colours, the fabrics, the richness, the specialness. But I have to say the first Raf Simons Dior couture show in 2012 was a huge moment – the set, the dresses! And watching the *Dior And I* film brought it all back.

Whether he wants it or not, Simons has been known as a minimalist. Coming into a house that has such history, but also such maximalist tendencies in its past... When people said there was a palpable air of tension that afternoon in July 2012, well, you never really know what that means until you absolutely feel it.

The moment we stepped into those rooms with walls of flowers, it smelled amazing, looked amazing, everyone's jaws were on the floor. How could the clothes even compete? Then the girls came out and it was: 'Actually, you *can* compete with this!' The extreme level of beauty, care and craftsmanship was overwhelming. We all left gasping for air and mesmerised. I am so glad that moment was documented for *Dior And I*.

For me, the biggest stars of that film were the two ladies who run the ateliers: Florence ➤

Chehet, the premiere of the atelier flou (for dresses), and Monique Bailly, the premiere of the atelier tailleur (for suiting). It was such an amazing thing to see the petites mains – the actual hands that created those gowns. It's wonderful that these women got recognition and have become stars in their own right. Simons is a specific caretaker at a certain moment, but there are women – and men – in the ateliers who have been there for multiple artistic directors.

I met Simons properly a year ago when he showed his first resort collection in New York. He's very thoughtful, very opinionated. He knows just what he wants to say. And he's so interested in things other than fashion, especially art, design and architecture. I was surprised at how easy and how friendly he is. He's wearing a T-shirt and just running out at the end of his couture show, and that's very much him.

He's really been allowed to let loose a little bit at Dior. And at the same time, I think he's loosening up the Dior woman. When Simons started, I loved his take on Dior's New Look suits: focused but perfect. He takes the house codes and makes them incredibly feminine and modern. The range of women he dresses is also amazing, from young musician Grimes dressed in a full sequin suit in the front row to a more classic Emily Blunt. To be able to dress all those women with different tastes is a skill.

For *Red*'s feature, we got to visit the atelier the day before the A/W 15 Haute Couture show, where we saw the dresses were, I think, maybe 30% complete. It's fascinating to see how they were still in progress only 24 hours before, just like the film. You could absolutely feel that there was this lightness in the collection, a fluidity, whereas before there was always a lot of shade and structure. I remember thinking, 'Wow, there's a lot of lingerie and negligees!' Having seen the show, which is all about forbidden fruits and the interplay of innocence and experience, it all makes sense.

Watching the runway, I loved the coats with the fur sleeves and the huge pockets, and how every girl looked so innocent, just like they were running out in their nighties and clutching their jackets. You could

tell there was a story being translated from Simons' head and it was very romantic. Backstage I went to see this one dress, which was full of individually sewn feathers, and the craftsmanship was astounding.

Simons showed a sexiness, a languidness that he hasn't shown before, with chains and hardware as clothing, as a layer. There was one look in black silk taffeta that was completely covered with metallics and chains – perfect for a courageous actress to wear on the red carpet. It's super-covered but so sexy.

How does it feel to get to wear a piece of the couture collection as I did for this story? I have to say, it's quite spectacular. And my posture became a little bit better

than perhaps it usually is.

Of course people ask, is couture relevant any more? As super-brands become busier and busier creating more and more, the speed of fashion gets faster and faster, and customers want more things earlier and earlier. But I think that couture has become a place where designers can explore craftsmanship and technique, and ponder some of the more conceptual questions like: 'What is fashion today?' and 'What do women want, what do they appreciate?' Also, for them to experiment with incredible techniques, whether they're old or new.

That is why the House of Dior is so mesmerising, whatever it produces, because the craftsmanship in creations like the silk faille coat I'm wearing in these pages – with its

34 metres of fabric and 150 hours of dedicated work in the atelier – sets them apart from everyone else.

The definition of luxury is always changing, and it's so interesting that the ideas of luxury are touching all sorts of wider shores. Even my parents in Montreal emailed me to say, 'We went to see this film *Dior And I...*' and they were so moved by it, despite not having anything to do with the fashion world. I hadn't told them about it, but they were intrigued and loved it and were completely entranced by Florence and Monique. Like I say, those two ladies are global superstars now. And that is really very fitting. 

*Find out more about Dior And I, and purchase the DVD, at [diorandimovie.com](http://diorandimovie.com)*

**See our 10 favourite fashion films at [REDONLINE.CO.UK](http://REDONLINE.CO.UK)**



**Issa with Dior artistic director Raf Simons**



**Wool jacket;**  
**wool dress,** both  
price on request,  
both Dior Haute  
Couture. **Acetate**  
**sunglasses**, £280;  
**crystal earrings**,  
£460; **steel, mother-**  
**of-pearl and satin**  
**watch**, £2,800;  
**leather bag**,  
£12,000, all Dior.  
**18ct rose gold,**  
**diamond and**  
**pink opal bracelet**,  
£1,250, Dior Joaillerie



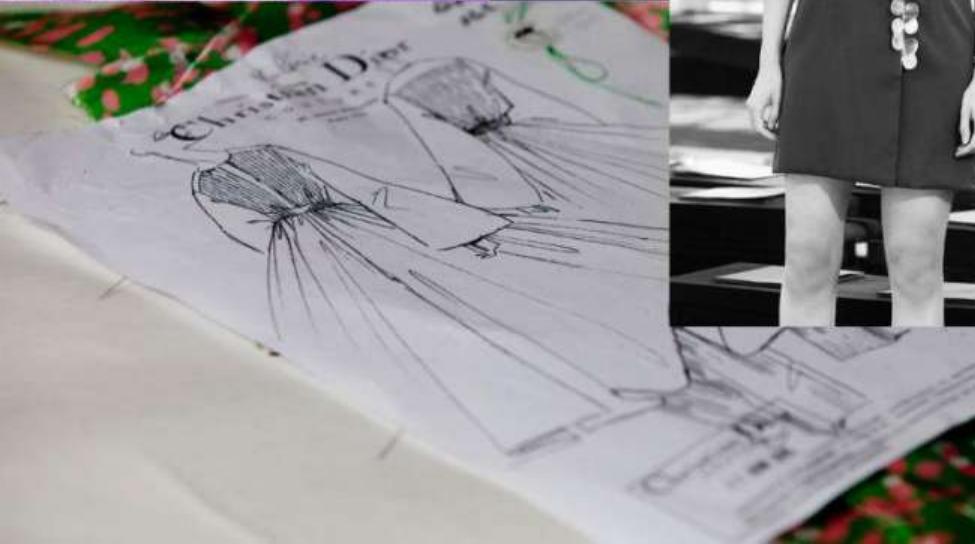
**Silk taffeta coat**, price on request, Dior Haute Couture



**LEFT:** The set  
of Dior's A/W 15  
Haute Couture  
show was inspired  
by pointillism and  
featured screens  
covered in tiny  
dabs of colour



Issa, left, visited  
the Haute Couture  
atelier at Dior,  
above, the day  
before the show, to  
see the collection  
being prepared





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\*\*Consumer test - 194 women, after 7 days.

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# CLARINS

# Beauty'

Edited by ANNABEL MEGGESON

## SEASON OF MISTS...



**Jo Loves** Red Truffle  
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Jo Malone is famous for transforming unusual, though delicious, ingredients (nutmeg, basil, pomegranate) into much-loved scents. The latest creation, for her new line Jo Loves, is a celebration of 21 years as an industry maverick and inspired by another mouthwatering note: truffle. Combined with fresh fig leaves and crisp pine, this earthy treasure is transformed into something sweet, warm, creamy, comforting and entirely chic. Heaven on cold, dull days. ■

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ANTI-AGEING

'WE SHOULD  
**BE ALLOWED**  
TO BE  
MYSTERIOUSLY  
**HOT**  
AS WE GET  
**OLDER'**

She's one of the most beloved faces on TV, and it's no surprise that Davina McCall's attitude to ageing is a refreshingly positive one. Embrace and enjoy, she tells Sharon Walker

*Photographs ALEX EDWARDS  
Styling OONAGH BRENNAN*





Davina wears opposite: Jumpsuit, Madewell at Net-A-Porter; Earrings, Ernest Jones; Necklace, Phoebe Coleman. Necklace, Laura Lee. Shoes, Birkenstock. This page: Shirt, Alice and Olivia at Harrods. Trousers, Theory at Liberty. Earrings, necklaces, as before. Bracelet, Astley Clarke

**E**ven if you're not a watcher of mainstream TV, it would be hard to overlook Davina McCall. Like Madonna and the Queen, she needs no introduction. In fact, she is so much part of UK popular culture, she no longer needs a last name. Everybody knows Davina.

It's over 20 years since her first break as a cool MTV kid back in 1992, and since then she's really done it: feisty face of popular TV; six-figure beauty contract; perennially successful workout DVDs. Not to mention three gorgeous kids (Holly, 14, Tilly, 12 and Chester, nine), a handsome husband and lovely country life in a big house in Kent.

With all that, it's easy to forget how far she has come – and how many highs and lows Davina has survived during the course of her 47 years. Not that you'd know it. On the *Red* shoot, she is a firecracker: sharing pictures of her kids, joining in the chat, cooing over the clothes. She is warm, open and utterly at ease, as well as a total pro: she strips off for the stylist without a second thought (yes, those abs are real and, yes, her underwear is matching, for anyone who followed the media burst when Davina, very reasonably, ventured the idea as a way of sustaining intimacy in long-term relationships), and sits »



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"My bedroom's  
my backstage.  
Life's my  
runway."



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Davina wears: Blouse, trousers, both Vince at Liberty. Jewellery, as before

'I can remember being so **HARD** on myself in my **TWENTIES**, yet I looked like a **GODDESS**'

patiently on a stool for ages, while the photographer adjusts his lighting.

She's got the looks, too.

Approachable, but on closer

inspection, the skin is creamy, the eyes big and sparkly, the hair thick, the teeth pretty, the figure neat.

Not that she doesn't worry

about it all. Before I even begin with questions, Davina is talking face-lifts with all of her usual unerring candour, joking she might whizz off to Paris to a 'hotel' she's heard of.

'When you're young, it's easy to be anti, but actually I don't think there's anything wrong with trying to look the best you can. I've always said I don't want to look 30, just good for my age and if that means...'

She's barely drawn breath when she drops the Botox bomb. She was delighted when *Broadchurch* actress Olivia Colman outed herself in *The Times* recently. 'I almost gave a cheer. I thought, "That's brilliant!"'

The next thing I know, McCall is pointing between her own brows. 'I've had it here. You see I can't quite... I think we should be allowed to be mysteriously hot as we get older. Don't ask us how we're doing it, just appreciate the fact we're cougars!'

Nonetheless, as TV stars go, she's pretty low-maintenance. That glossy hair? She dyes it herself, every three weeks. 'That's how grey I am!' she hoots. Her beauty routine is similarly no-nonsense: toner from Dr Frances Prenna Jones and a layer of Garnier UltraLift Moisturising Cream, which she had to nick back from her daughter's bedroom this morning. 'My husband uses it too. We're the Garnier family,' she laughs. Though I believe her when she says she wouldn't promote a product she didn't use herself. Other than that, it's the odd pore-zapping red light treatment and IPL for sun damage on her chest.

She's never felt better about her looks than she does now, she tells me, when I ask how her feelings have »



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"Catwalk-ready hair,  
now the world is  
my runway."

NEW RUNWAY COLLECTION  
CREATION HAIRSPRAYS

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changed over the decades. 'I look at my body when I was in my twenties, when everything was super pert, but I probably feel more confident now. It's mad, you look back at pictures and I can remember being so hard on myself, yet I looked like a goddess.'

Since taking up exercise in her thirties, she's even made peace with her legs: 'I felt they were tree trunks, but just getting that bit of definition has made all the difference. Before I started training I thought I'd be sentenced to a life of pencil skirts and Capri pants, but now I wear shorts, which I'd never have done before.'

I wonder if having a loving husband who clearly adores her helps her feel more confident about ageing, but she's adamant this kind of self-acceptance can only come from within. 'I gave my daughter a great poster: "Happiness is an inside job." In my twenties people would tell me, "You look beautiful," but I didn't feel it. People can give you a compliment, but they can't make you *feel* that.'

Face to face, Davina is more elegant than she is on TV – far from subdued, but cooler. At least, pretty different from her shouty *Big Brother* persona, though we've seen a softer side to her in her latest series, ITV's *Long Lost Family*, the show that reunites children with their birth parents.

It's no accident she has been dominating our screens for two decades. She's a graftier, as anyone who witnessed her 500-mile Sport Relief challenge last year will know, and she's big on empathy, which comes from experience. Her party-loving mother left when Davina was three and she was largely brought up by her grandmother, then by her father, but says she always felt torn and longed for her mother to hold her.

When I first met Davina in the early 1990s, she was at her wildest, working the door at the achingly cool Mayfair club Quiet Storm, but even then she wasn't just a wannabe club kid.

Aged 21, she was running the show. 'There was Billion Dollar Babes, The Sub Club...' She rattles off the coolest clubs of the decade. 'I was involved in all those. They were great days.' But then it went dark: 'Taking drugs and burning the candle at both ends.'

It all came to a head when her best friend Sarah (they text each other constantly and if she can't convince her daughter of something, she may enlist the help of 'Soz', whom her kids adore) locked her in her car before a Santana concert, to confront her.

As a nicely brought-up girl, Davina was mortified to learn she was the talk of the dinner-party circuit. 'Everyone was discussing the fact I was using heroin and I thought I'd hidden it so well.'

She went to her first NA meeting the following evening and got clean at 24. Her TV career started six months later. These days, she doesn't even drink, not a drop. She runs her life with military precision, coordinating the school events of her children with her agent a year in advance. Davina is insanely proud of her kids. She says she lives by a parenting tip she gleaned from her friend Katy who has four 'amazing' girls: 'Love them unconditionally, but put in boundaries and once you've put in a boundary don't cross it.'

When alone with husband Matthew Robertson, the former *Pet Rescue* presenter who now runs an adventure company, they like to watch movies and cook. The pair have just returned from an active holiday in Canada with the whole family, 'hiking, kayaking, doing something every day'.

Usually she's sugar-free, but I'm pleased to hear on holiday, Davina thought, 'Sod it.' She's on a detox for the moment – 'just a week or so, as I've got a DVD to film. I have a big breakfast, salad-y lunch, then a juice in the evening. I can't do it forever, but it works for getting back on track.'

She exercises three times a week, four if she's 'really lucky', and her

mantra is: 'Change it up, shock it.' In other words, mixing cardio with weights and always trying something different. It all sounds just about doable. Just. Which is Davina's secret weapon: she could be one of us.

Of course life isn't always a bed of roses. The last few years have been especially tough. Tragically, her dear half-sister Caroline died in 2012, then Matthew's father passed away. 'These kind of things make you detached and sad,' she says. And when Matthew's father was sick, she was training for her big charity event, the Sport Relief challenge, which made her feel guilty for not being around to support her husband. 'We didn't struggle, but I just felt bad. Since then, we have got really close again. It's swings and roundabouts.'

If there's one thing she could tell newly-marrieds, it would be this: 'Don't give up at the first hurdle – and those hurdles can be six months or longer – as when you've got a lifetime of shared hurdles, you look back and those are the foundations that are hard to walk away from.' It's warm, heartfelt advice and pretty sensible. Rather like Davina herself. >

**Discover the 10 things we learned about Davina on our shoot at REDONLINE.CO.UK**

# BEAUTY



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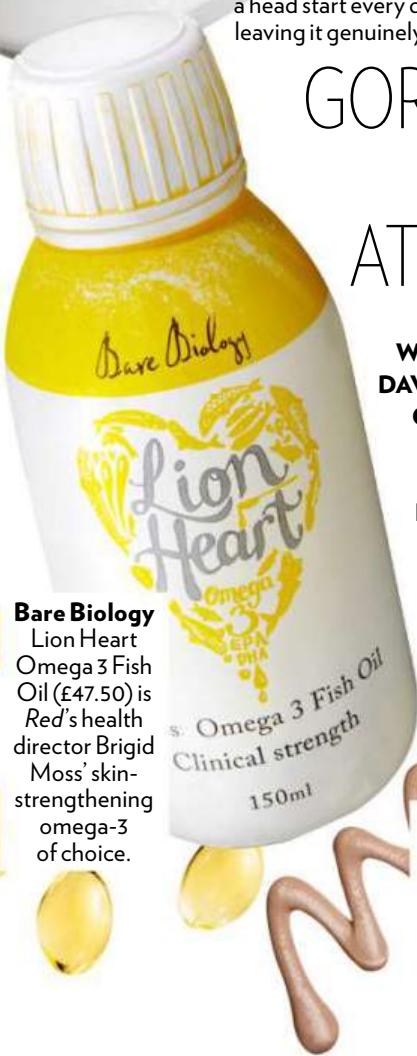
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Christy Turlington Burns  
Model, Mother, Maternal Health Advocate

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ESSAY

# KNOWING ME knowing YOU

Understanding, friendship  
and mantras for life...

When Annabel Meggeson  
found herself the muse  
of a talented female artist,  
she got more than she  
bargained for, on and  
off the canvas

*Artwork RED'S ARTIST-IN-  
RESIDENCE NELLY DIMITRANOVA*

Annabel, left, with  
artist and friend  
Nelly Dimitranova



In a rare gift of fate, I have become a muse. The artist in question is the Bulgarian-born painter Nelly Dimitranova and before you ask, no, this isn't a midlife crisis masquerading as a Sapphic fling. Our relationship is purely emotional.

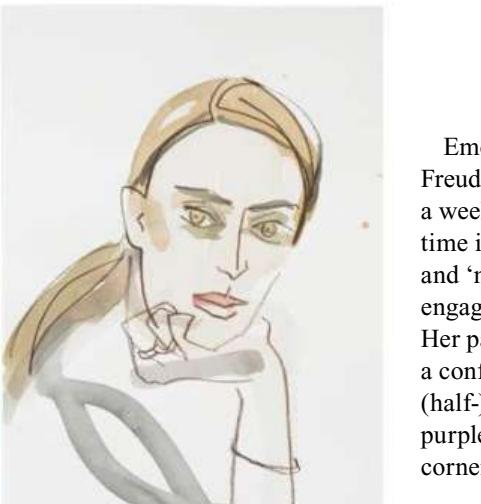
We met two years ago when *Red's* editor-in-chief invited Nelly to come and capture life at the magazine. Nelly already loved painting women, so an office

full of them, 'immersed and focused in a space where conscious decisions are made on how to speak to the modern woman', was rich fodder for her. She and I hit it off straight away and an exuberant dialogue opened up between us that lasted well beyond her residency at *Red*. And as it did so, a steady stream of portraits emerged.

I've had my portrait done before, but these resemble me more closely than any of those others, even the »



# BEAUTY



For artist Nelly and her muse Annabel, painting is a form of conversation



photographs. So for someone whose job is very often focused on the surface, it's intriguing to see that even in the more worked-up oil renderings, they're not a wholly accurate reflection of my face.

My freckles have been forgotten for a start – something I always considered characterful. 'I don't want to imitate,' explains Nelly. 'I want to immortalise your energy. It's the same with make-up. You should use it to enhance your attitude, not create something you can't own up to. Beauty is never just about the way you look – it always requires authenticity and integrity.'

Her main desire when she paints, says Nelly, is to capture a state of mind. 'But I have to draw the physical to capture the state of mind.' Her palette of gentle pinks, greys and browns expresses vulnerability and strength all at once. 'You can gain good contrast and expression [with these colours] while maintaining a kind of nakedness which is very beautiful.' If these are the shades dominating your make-up bag, you're on to something.

Nelly's also adamant that everyone should own an eyebrow pencil: 'The impact of an eyebrow can transform a face in an instant.' In her paintings, the strokes she makes for my brows are intended to capture something 'strong and enquiring' rather than 'thick and brown'. Perhaps an emotional protocol for make-up is something we should all consider.

Emotions are a very big deal for Nelly. Lucian Freud made his subjects commit to three sittings a week – he needed realms of flesh and reams of time in order to paint. Nelly requires openness and 'microscopic truths' and we have increasingly engaged in both over the last couple of years. Her paintings of me are a kind of conversation, a confession. 'Don't paint my pain,' I pleaded (half-) jokingly, the last time I sat for her (in the purple dress). But there it is, creeping in at the corners, buffered, I'm glad to see, with strength, defiance, receptiveness and other emotions I recognise, even though I can't put a finger on them.

## SEEING SO MUCH OF MYSELF IN THESE PORTRAITS MAKES ME FEEL UNDERSTOOD,

which in turn is hugely gratifying. As if that weren't enough, Nelly's a source of inspiration herself. In his autobiography Charlie Chaplin (another artist for whom emotions were very important) wrote, 'Painters are a bore because most of them would have you believe they are philosophers more than painters.' While Nelly is as far from boring and pretentious as you can get, the Chaplin quote chimes, as her utterances are as brilliant as her brushstrokes.

She has a spontaneously pro-female stance, which is unusual, when I think about it. Most women put men first, or, to be fairer, don't know how to put themselves first – but Nelly's desire is to 'inspire women and get them to ask not how they can be loved by a man, but how they can love themselves. To become that lover they dream of being with'. To become the lover you dream of being with. Now, that's something worth working on, wherever you are in life.

Sometimes her insights are so sharp, they take my breath away. Just as she distils the essence of someone into a few scrapes of paint, she can resolve concepts into tantalisingly bite-sized pieces. I'm always scrabbling round for a notebook mid-conversation or asking to borrow one of her pens.

Last time we met, I wrote down, among other things: 'Talented

people are inwardly compelled to be transgressive – they need to know life beyond its daily presentations' and 'You either love yourself or you don't. There's no voice that says, "I love myself a little bit." Which is something to think about the next time you're painting your face.

Find out more about Nelly Dimitranova at [REDONLINE.CO.UK](http://REDONLINE.CO.UK)

LUCIAN FREUD made his subjects commit to three SITTINGS a week – he needed realms of flesh in order to PAINT



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There's more to life than hair but it's a good place to start



## SKINCARE

# WHILE YOU were SLEEPING

Maximise the power of your beauty sleep with the latest batch of mists, masks and moisturisers

Words REBECCA HULL  
Photograph DAVID ABRAHAMS

Reap the benefits of a salon peel with **Philosophy's** two-step The Microdelivery Overnight Anti-aging Peel (£65). It smooths the surface, shrinks pores and delivers plumping peptides, meaning fresher-looking skin by morning.

We know oil is great for skin, especially at night, but if you don't like the feel, **Lancôme's** Visionnaire Nuit Beauty Sleep Perfector (£60) – a gel-oil hybrid that sinks in weightlessly – might be just the hit of hydration you need.

Fans of 'green' beauty will love **Dr Hauschka's** new Night Serum (£39), which is lightweight but nourishing. A great choice for combination skins.

Yes, it's expensive (it's packed with precious moisturising oils and a patented cell-renewing complex), but if you're inclined, **Sisley's** sensual Supremÿa Baume (£475) slips luxuriously into skin, ensuring it's perfectly quenched and protected all night.

**Olay Regenerist**  
3-Point Age-Defying Night Cream (£29.99) fits the bill if you're looking for a no-fuss anti-ageing night cream. The texture lends itself well to a skin-stimulating massage, too.

It's twice as potent as the bestselling original – no wonder **This Works Sleep Plus Pillow Spray** (£35) has been proven to help the restless benefit from two hours' extra sleep. Spritz generously and... relax.

Rich in evening primrose oil, **L'Oréal Professionnel's** Mythic Oil Sérum De Force (£16.99) can be worked into the scalp to repair flakiness, and down the lengths of hair to make it stronger – overnight.

For more of our best new-season night creams, head to [REDONLINE.CO.UK](http://REDONLINE.CO.UK)

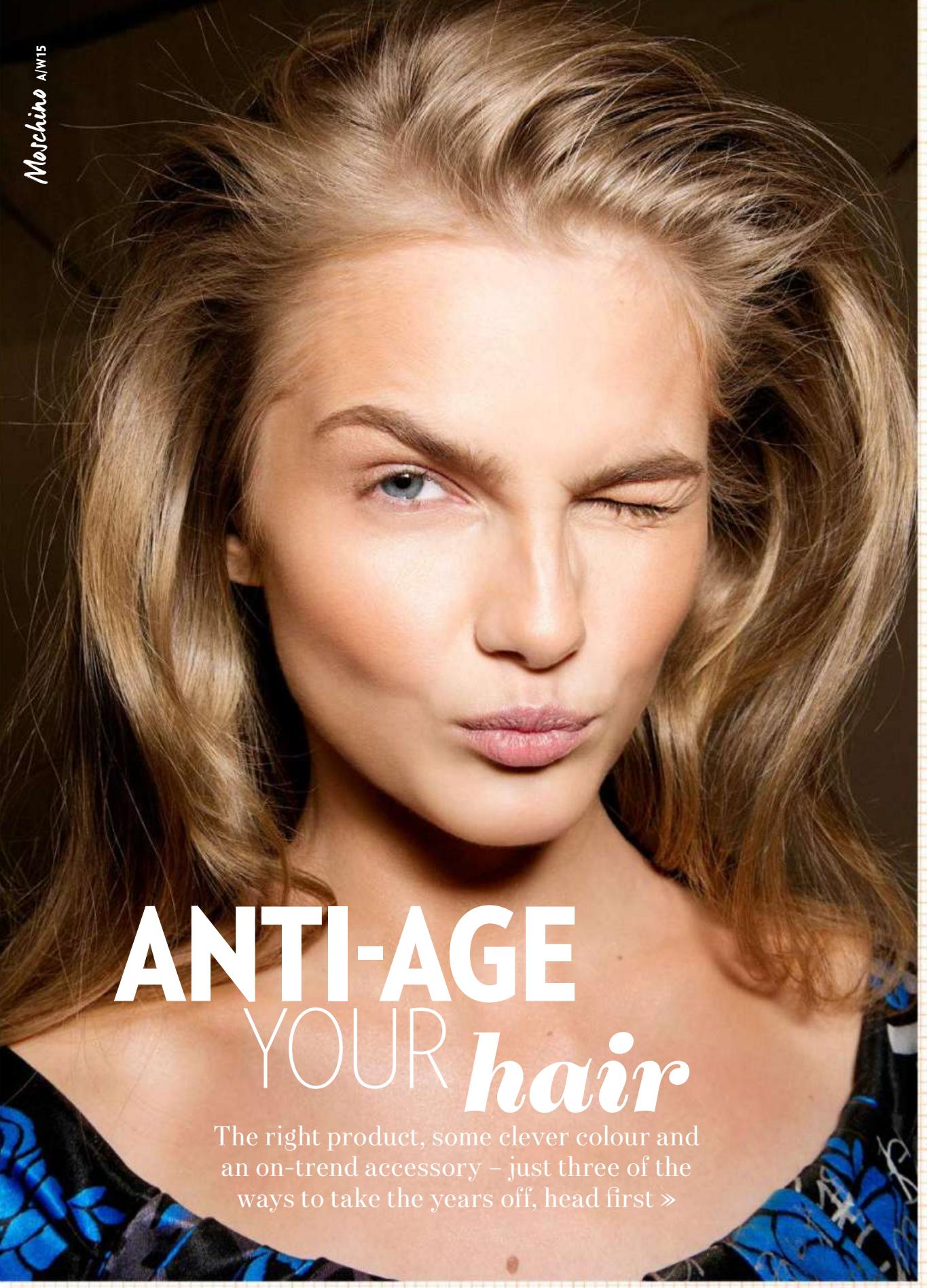
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let you down**

Moschino A/W15



# ANTI-AGE YOUR *hair*

The right product, some clever colour and an on-trend accessory – just three of the ways to take the years off, head first »

## Supplement your conditioner

Glossy-haired presenter Claudia Winkleman insists the secret to her hair's mirror-like sheen is being 'relentless with conditioner'. But for those moments when even dollops of the smooth stuff aren't enough, supercharge your haircare with a 'miracle' mask. When used twice a week for a month, Phyto's lipid-rich Phytokeratine Extreme Mask (£36; 1) transformed our tester's bleached, fragile hair – it snapped when she brushed it – into glossy silk. We also love Kérastase creamy Masque Thérapiste (£28.50; 2) and Sachajuan Hair Repair (£23; 3), which both deliver softening moisture.



### COMB IN SOME VOLUME

If your hair's on the fine side, the Free People Ponytail Volumizer (£10; 4), could be your new best friend. Give half-ponies a volumising kick by using this humble comb to grab hair from the ear-line back and secure in place. (The more haphazardly you wiggle it through hair, the better.) Or push some height into your hair with the comb and 'build' a ponytail on top – the extra volume is instantly flattering.



### GRAB A LIFE-CHANGING PRODUCT

We're huge advocates of the air-dry at *Red*, but it can lead to unruliness as we age. (From our early thirties, scalps produce less sebum, meaning hair is more prone to looking frizzy and dry when left to its own devices.) But over-drying can also make hair 'age'. Cue Bumble & bumble (H)Air Styler (£23; 5), a styling product you don't need to dry in – at all – but which will leave your hair glossier and more voluminous anyway. Game-changing stuff.



### ACCESSORISE RIGHT

Get them wrong, and they can look childish. Nail them, though, and hair accessories are an effortless way to inject youthful chic into hair. Anything gold is the definitive choice this season, and looks gorgeous on everyone. Slide Mrs President & Co's Thin Rectangle Barrette (£39; 9) into the side of a grown-out bob or use H&M's sleek gold cuff (£2.99; 6) to add edge to a low pony. For bad hair days, Jennifer Behr's elegant Floria headband (around £200; 8) looks beautiful, while Colette Malouf's pin (around £68; 7) styles up the messiest of buns. □



### Try this colour trick

'Small colour tweaks, made often, rather than a major change every year is the key to younger-looking hair,' says Marc Trinder, art team director at Charles Worthington. He places super-fine highlights, two or three tones lighter than your natural colour, where hair brushes the collarbone and cheeks. 'It mimics the multi-tonal way that younger hair reflects light and reflects it on to your face in a way that's really flattering.' The technique was developed to brighten blonde hair, he says, 'but we noticed it works brilliantly to add lift and movement to all shades'. Consider us sold. *Feather lights* colouring, from £90 at Charles Worthington salons nationwide



Marc Trinder works magic with highlights

Read more about the latest anti-ageing hair treatments at [REDONLINE.CO.UK](http://REDONLINE.CO.UK)



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<sup>1</sup>Cetaben Cream patient preference study, Sept 2013

Always read the label

**Dior Addict Fluid Shadows** in (from top) Cosmic, Eclipse and Univers, £25 each

**Guerlain Ecrin 1 Couleur Eyeshadow** in Khaki Mono, £23.50

**Burberry A/W Runway Palette**, £50

**Charlotte Tilbury Colour Chameleon Eye Pencils** in (from left) Mesmerising Mink and Enchanting Indigo, £19 each

**Dior Vernis Nail Polish** in Metropolis, £19

**Nars x Steven Klein Mono Eyeshadows** in (from left) Never Too Late and Stud, £18 each

**Leather headband**, £145, Valentino at MyTheresa

**Bobbi Brown Nail Colour** in Smoky Topaz, £12.50

**No 7 Gel-Look Shine Nail Colour** in Purple Dreamer, £7

**Bronnley Elements Wild Green EDT**, £35 for 50ml

**Diptyque 34 La Prouveresse Scented Candle**, £55

**MAKE-UP TREND**

# SMUDGE TACTICS

Add cool definition to smoky looks with this season's utility-inspired shades

Words KIM PARKER

Sludgy green, dingy blue and greige don't sound like the sexiest kind of colours, but this season's grungy tones are actually pretty chic. A smudge of khaki or petrol blue, blended from lash line to crease, is the fastest route to a modern smoky eye, minus the heaviness of black. On nails, a lick of concrete grey or muted violet is nicely understated and the blue undertones will brighten winter-weary hands instantly. A spritz of earthy fragrance will capture the mood if not the colour; ruffle your hair and slide in a camo-coloured, studded band for a nod to the trend that's flattering and cool.

Photographs Getty Images, Pixeyes. For stocklist details, see the Directory

# Natural BEAUTY

Finding the perfect moisturiser for your skin has never been easier with a seven-day free trial from the skincare experts at L'Occitane

No matter how we like to care for our skin, there's one product none of us would want to go without.

It quenches dry patches, adds radiance when we feel tired, comforts, soothes and protects our skin from daily aggressors. It's our moisturiser – the one step in our regime we never like to skip. But with countless pots and jars on the shelves these days, finding your perfect face cream can be a confusing and time-consuming process. So how do you work out what's right for you?

## *Trust the expert*

With almost 40 years' experience in the skincare industry, L'Occitane understands how finding the right moisturiser is important for

**"L'Occitane understands how finding the RIGHT moisturiser is important for achieving a natural, YOUTHFUL glow"**

achieving a natural, youthful glow. Inspired by the beautiful Provençal countryside where the brand was founded (and that it still calls home today), L'Occitane harnesses the healing and protective powers of the highest-quality natural ingredients and, using the latest research techniques, creates products that are as efficacious as they are luxurious. From the blush-pink peonies of the French Vercors mountains (harvested for their radiance-boosting

extracts), to the sun-drenched immortelle flowers of Corsica (renowned for their Collagen-boosting, skin-renewing properties) its moisturisers are packed with the best that nature has to offer your skin. Whether it's more luminosity you're looking for, or something to firm and plump out fine lines, there's a L'Occitane product to suit your complexion.

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Now it's even easier to find your perfect skin match thanks to a free seven-day skincare trial. From October 5th simply go online to [mybeautystory.loccitane.com/Red](http://mybeautystory.loccitane.com/Red) and answer three simple questions, all designed to help you discover your ideal match. You'll be given a unique voucher to pick up your personally recommended 8ml moisturiser pot from your nearest participating L'Occitane boutique. Log on today and get ready to reveal your skin's natural beauty story and share your results with #MyBeautyStory.

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### DIVINE CREAM

An award-winning anti-ager with five patents and a formula that helps to plump, lift, brighten and repair all visible signs of ageing skin. A must-try.

### SHEA ULTRA RICH COMFORTING CREAM

This bestseller nourishes and protects dry and sensitive skin. Naturally rich in omega-6, vitamin E and karitene, this light creamy formula melts into skin leaving it smooth and soft.

### IMMORTELLE PRECIOUS CREAM

A triple-action cream designed to address the early signs of ageing with organic immortelle plant extracts to smooth, firm and protect. Great for normal-to-dry skin.

### PIVOINE SUBLIME PERFECTING CREAM

Pore-perfecting peony extracts and light-diffusing particles reduce redness and imperfections for skin that is immediately smooth and radiant.

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SPA EXPERIENCE. DERMATOLOGICAL CARE

# THE ART OF beauty

With leading salons and gyms doubling up as boutique galleries, you can enjoy great art as you prettify, says Pip McCormac

**W**hat do you see in the mirror at the hair salon? Perhaps you bury your face in magazines, avoiding the roots you've gone to touch up. Or maybe, over the hum of hairdryers, you've spotted something that leaves you feeling beautiful inside as well as out.

That is the aim, anyway, in a new breed of beauty parlour that has ditched the shots of models with fashionable hair for art, an ever-changing display of real, buyable work. A salon wall within a salon.

'When my clients arrive they instantly feel invigorated,' says Michael Charalambous, founder and creative director of Nyumba in London's Chelsea. He has filled the space with African art from his birthplace of Tanzania – seashell donkeys made as part of a local outreach programme and 70-year-old statues of tribal warriors. 'It's easy to feel intimidated in salons, so I created an extension of my home, somewhere to relax,' Charalambous says of the bazaar-like backdrop he has put together.

After 30 years at the top of his business, Charalambous' regulars include Jade Jagger and Olivia Palermo, and I bump into artist India Jane Birley (sister of Jemima Goldsmith) on the way out. 'It's wonderful to step into a different world,' she says of the

collection. 'Much more enlivening than just a regular trip to get your hair cut.'

This is part of the movement to care for your soul as well as your appearance, thinks colourist Josh Wood. 'I've shown Picasso and Damien Hirst as well as new talent – our clients love to know about the people behind the work.' Pop into his London Lansdowne Atelier now to see Carolyn Quartermaine's fabric-inspired paintings.

In the Cotswolds, the new Soho Farmhouse has an ever-changing exhibition in its spa, and seasoned gallerist Rebecca Hossack believes it's a sign of our times.

'There's so much less time to go to exhibitions,' she says. 'Seeing art somewhere you're already going is a wonderful way to double up.'

Hossack supplies work to The Third Space gyms and branches of Gail's Artisan Bakery, with an Aboriginal season opening now.

'It's great to be able to take art out of its little white box, to put it in front of people,' she says. 'And it enhances their experience of everyday activities with a touch of culture.'

Think about this when you're hanging work at home, about placing it around your dressing table to add some aesthetic inspiration. After all, as Charalambous says, 'Art is so much more tasteful than neon lights.'

The walls of the Third Space gyms feature a range of art, including the abstract work of Petra McCarthy, below



FROM BELOW:  
Hair colourist  
Josh Wood;  
a Carolyn  
Quartermaine  
piece currently  
on display at his  
Notting Hill salon



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inspirational beauty  
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FROM TOP:  
Hair salon Nyumba is packed with African art; founder Michael Charalambous styles interior designer Sophie Stanbury's hair in Nyumba's art-filled surroundings





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MASTERCLASS

# HOW I LEARNED TO THINK THROUGH *my nose*

It won't just help you understand perfume better – a fragrance masterclass can change your life in ways you never imagined, discovers Kim Parker

I have a confession to make. Though I've been a beauty journalist for over 12 years, am fascinated by the alchemical art of perfumery and can certainly talk the talk about top notes (the first notes you smell in a perfume's composition), juice (the stuff inside a perfume bottle) and sillage (a perfume's trail) without much prompting, when it comes to interpreting an actual fragrance for myself, I'm definitely more apprentice than master. While other editors at perfume launches have been sent into paroxysms of pleasure over the pepperiness of a Bulgarian rose note or the erotic quality of a hint of jasmine, I have often sniffed the very same scent and thought, 'That's nice. What is that... flowers?'

That is, until recently. Determined to heighten my sense of smell, I sought advice from trusted experts, including perfumers, bloggers and fellow beauty editors, and put their tips into practice for myself. Being in the industry, I may have a vested interest in having a keener nose, but there are other life-enhancing reasons to want one, too. On a biological level, our sense of smell is intricately linked to our sense of taste so a better nose invariably leads to a more sensitive palette (need proof? Hold your nose the next time you eat something. 'Bland' just doesn't quite capture the sensation). It could even, if science journal *Biological Psychology* is to be believed, be the key to finding true love – the theory being that people with a poor sense of smell lack the confidence



and sense of adventure needed to find a mate. Science aside, a more discerning nose can certainly lead to greater pleasures when it comes to perfume. As with wine, being able to speak confidently and knowledgeably about fragrance with your friends can be enormously gratifying, as is the ability to sniff out a special new scent for yourself in a crowded beauty hall, unmoved by either brand name or bottle design (though both are lovely extras). In short, I've found a whole world of new olfactory opportunities has opened up since I raised my scent awareness. Here's how I did it...

## *Week one*

These days, we rarely engage our sense of smell except, perhaps, to see if the milk's gone off or we've left the gas on. The neural pathways in our brain that relate to smell have shrunk since the primal days when we relied on odours more heavily to survive. The good news? It's absolutely possible to rebuild them.

'Start by smelling everything around you. Sniff your coffee, your glass of wine, your body lotion, your tomato salad,' says blogger-turned-perfumer Denyse Beaulieu, who found the technique heightened her own scent ➤

# BEAUTY

awareness. Before long, you'll start doing it automatically and reinvigorate those weedy neural pathways, smelling things you may not have smelled before.

A word of warning: after a week of 'conscious smelling', you may start noticing all kinds of awful reeks alongside the pleasant whiffs in your life. For me, it was the oily, fetid stink of the dog fox at the end of my road and the sour-sick coffee breath of nearby commuters on the Tube. But it was a small price to pay for all the unexpected pleasures I started noticing, too, like my mother's night-blooming jasmine and the caramel-like sweetness of my boyfriend's neck.

## Week two

Once you've upped your awareness of smells, try familiarising yourself with two or three different ones and smelling them a few times a day. Lyn Harris, the perfumer who founded Miller Harris fragrances and has a new niche brand called Perfumer H, recommends picking scents from the major fragrance families – a citrus, a floral and a woody scent, perhaps. As you sniff them, note the differences between them – how the citruses are fizzy and zesty, for example, while the florals are sweet and the woody scents are earthy.

'It's how perfumers begin learning about the major fragrance families,' says Harris. 'Not only that, but by training your brain to detect the differences between these scents, rather than simply being aware of them, you're helping to sharpen your sense of smell more acutely.'

## Week three

Time to start working on scent memory. For seasoned beauty journalist Jo Fairley, founder of The Perfume Society ([perfumesociety.org](http://perfumesociety.org)), an innovative perfume-sampling scheme that also hosts workshops, this can often be the trickiest part of perfume appreciation.

'Smell is the most evocative of all our senses – the one that's hot-wired directly into the emotional part

of our brains – but it's also the most frustratingly elusive,' says Fairley. 'Trying to fix a scent in your mind can feel like trying to pin down a butterfly.'

Her trick for doing just that is one that she learned from master perfumer Jacques Cavallier (who created L'Eau d'Issey for Issey Miyake) and she teaches it at all Perfume Society workshops. 'First thing in the morning, when your sense of smell is keenest, sniff a fragrance or two and write down anything that comes to mind. Textures, sensations, colours, even fabrics.

'By free-associating the smells with more familiar words and feelings, you make it easier for your mind to latch on to them. It also has the double effect of helping you to remember and articulate those scents later on,' says Fairley. It sounds simple but it works. Try keeping a little journal by your bed for all your musings – it really helps to make this a regular habit, which is key.

'Smell is the most  
EVOCATIVE of all our  
senses – the one that's  
hot-wired directly  
into the EMOTIONAL  
part of our brains'

## Week four

After a week or two of scribbling and free-associating fragrances, things should slowly start happening. For me, it was when a favourite scent, Prada's Infusion d'Iris, suddenly took on a new breadth – its powdery iris notes acquiring a cool, almost metallic edge, which I'd never picked up on before – that I noticed the change. I also became more sensitive to smells from a great distance, able to follow my nose towards hot croissants, steaming bowls of miso ramen or the Hyde Park rose garden from 100 metres away, which Jo Fairley says can often happen. And, yes, my sense of taste is getting keener, too – these days, I need to sprinkle on far less salt to extract flavour from my food. I'm a million miles from becoming a nose, but my sense of smell is still improving. If nothing happens for you, don't give up. Practice really does make perfect. And with over 1,500 new fragrances being launched each year, there's a whole scented safari out there for you to explore. □

## 5 NEW PERFUMES TO START YOUR TRAINING

**1 THE CITRUS**  
**Perfumer H**  
Cologne, £175  
for 100ml (comes  
with 2 x 10ml  
travel refills)



**2 THE ORIENTAL**  
**Tom Ford**  
Black Orchid  
EDT, £45  
for 30ml



**3 THE HERBAL/  
FOUGERE**  
**Azzi Glasser**  
The Perfumer's  
Story Old Books,  
£95 for 30ml

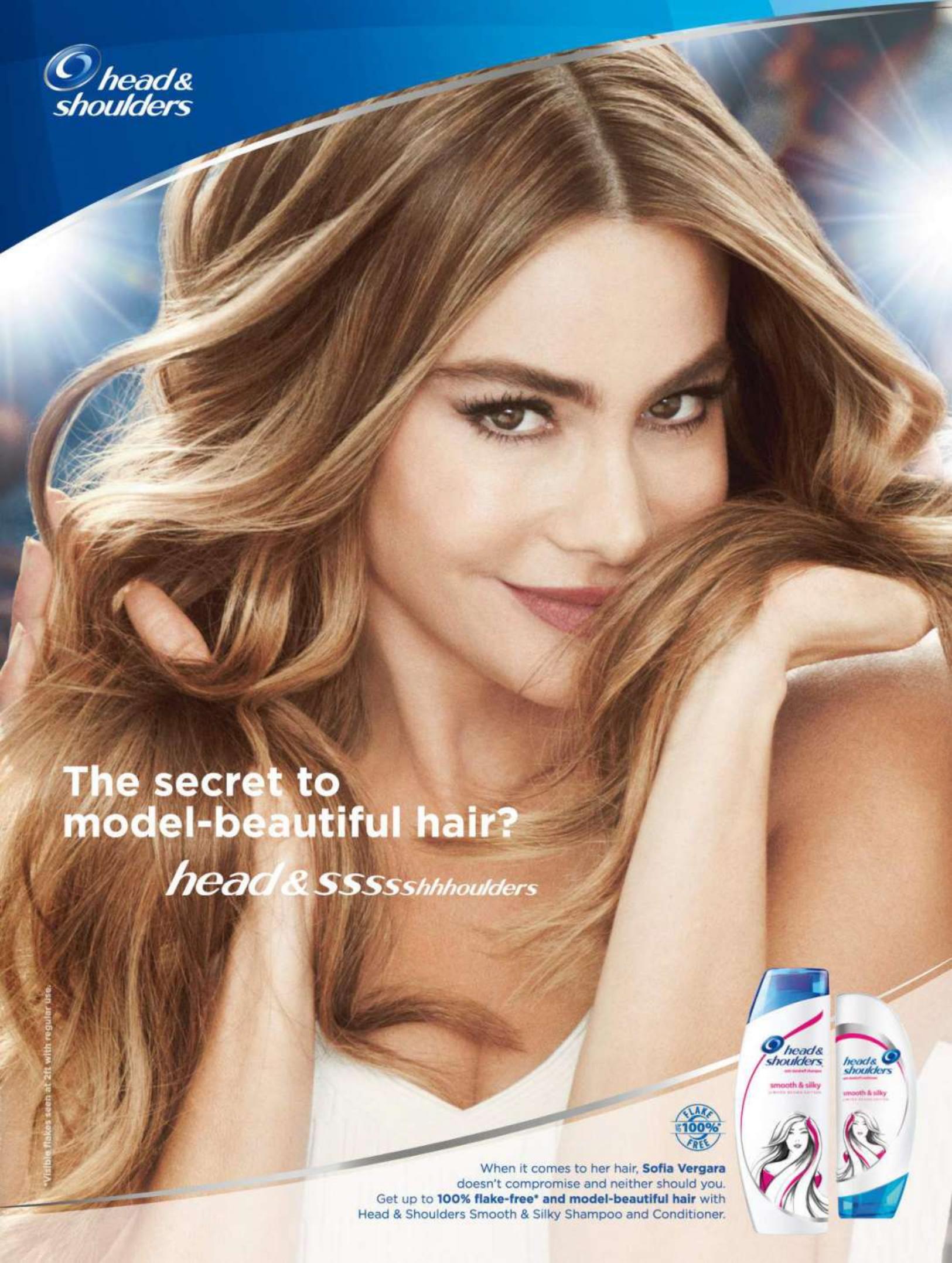


**4 THE WOODY**  
**Diptyque**  
Benjoin Bohème  
EDP, £130 for  
100ml



**5 THE FLORAL**  
**Michael  
Kors Rose  
Radiant Gold**  
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\*Visible flakes seen at 2x with regular use.



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# Hair SOS

It doesn't matter what your hair troubles are, rest assured there's a perfect TRESemme product designed to transform your locks

**E**veryone suffers from hair woes, but thanks to the clever TRESemme Specialist range, there's a solution.

For blogger Simmy, switching to the Oleo Radiance collection has been a revelation. 'My hair can look dull, but being busy I don't always have time to give it the TLC it deserves. Since using the Oleo Radiance collection (from £5.99\*) my hair looks shiny, without feeling weighed down.'

For model Lisa, the saviour has been the Youth Boost collection, which is infused with omega-3 and antioxidants. 'After too much styling my hair was lifeless, but the Fullness Emulsion Spray (£6.99\*) in particular can give instant body, making my hair look thicker,' she says.

Lastly, HR specialist Anna has transformed her frizzy hair using the 7 Day Smooth collection. She says, 'My hair is prone to frizz as I use straighteners regularly, but using the shampoo, conditioner and brilliant Heat Activated Treatment (£6.99\*) means my hair stays smooth for up to a week\*\*. It's a total time saver!'



Writer and  
blogger  
Simmy Virdi

Model Lisa  
Akesson

HR specialist  
Anna Isherwood

The products: Three different TRESemme Specialist ranges work to target different hair troubles, from Oleo Radiance, designed to leave your hair with a high-quality salon shine, to frizz-busting 7 Day Smooth, and body-boosting Youth Boost



FOR EXPERT ADVICE ON WHICH TRESEMME RANGE WOULD SUIT YOUR HAIR TYPE,  
FOLLOW SIMMY, LISA AND ANNA'S JOURNEYS AT [THEHAIRACADEMYUK.COM](http://THEHAIRACADEMYUK.COM)



The HAIR  
ACADEMY  
BY PANTENE PRO-V



Carmen Marc Valvo AW15

Dior Vernis in Black Out, £19

Dior Rouge Dior in Nouvelle Femme, £26.50

## FRENCH KISSING

Conjure your inner Parisienne with a peachy-pink mouth and super-short black mani, using these chic creations from Dior's new make-up director. Just the start of many must-haves to come, I'm sure.

UPDATE

# BEAUTY NOTEBOOK

LA PERLA COLLECTION CONTEMPORARY TUBEROSE EDP (£120 FOR 100ML) IS AN EASY, ELEGANT BURST OF FEMININITY, LACED WITH THE PROMISE OF SOME FLIRTY FUN.



Thicker, glossier hair, straight from the shower – no blow-dry required

### 3 BEST SERUMS CAUSING A BUZZ



**LUXE: Caudalie**  
Resveratrol Lift Firming Serum (£45) is French skincare meets Harvard Med School – beautiful and brainy.



**SUPER-POWERED:** Niod Copper Amino Isolate Serum (£60) promises better skin in two weeks.

**SMOOTHING:** Natura Bissé Essential Shock Intense Retinol Fluid (£84) cuts to the chase with a hefty dose of vitamin A.



BEAUTY

## EASY ON THE EYE

Make-up palettes may be marketing in motion – it's the presentation and packaging we fall so hard for – but this crop happen to feature useful neutrals, as well as this season's yellow, which takes down redness and is more flattering than it looks.

CLOCKWISE, FROM TOP LEFT: **Bobbi Brown** Greige Eye Palette, £52. **MAC** Morning Light Eye Shadow x4 Palette, £45. **Guerlain** Petrouchka Palette, £56

## BEAUTY INSIDER

by ANNABEL MEGGESON

### SURELY IT'S TOO EARLY TO BE THINKING ABOUT NEXT SUMMER?

That depends – my nails are not looking good and the fungal infection's going to take nine months to clear, so Dr Pixie McKenna tells me. She suggests Loceryl Curanail (£23.99), which doesn't require a prescription and is easy to use. Now's also the **TIME TO GET YOUR MOLES CHECKED**, she says. 'Before next season's crop set in.' I'm glad I did, as one of mine has changed. In other areas of concern, a little laser hair removal now will mean you're done by the time your legs see sunlight again. (Lasering over freshly sun-exposed skin is a no, so this is the best time of year.) Look for clinics, like Courthouse (courthouseclinics.com), offering the Soprano ICE machines, as they're effective and pain-free. If you want to treat facial pigmentation,

go for IPL and start now – you get the **BEST RESULTS**

when UV is low. Bonus: you'll enjoy a decidedly unwintery complexion, as IPL has the added benefit of making skin look bright. ☺

*This month  
I have been...*

**USING** Dr Salts Dead Sea Bath + Shower Gel (£5.95) on the whole family; **REPLENISHING** my supply of Dermalogica Dynamic Skin Recovery SPF50 (£61.30); **BASKING** in the afterglow of my Espa facial (espaskincare.com)



— Buttery —  
**CRUMPETS**  
*française.*



A British classic complemented by a French favourite. President butter is so delicious, you won't be able to say 'non' to another.



avec plaisir

# Living

Edited by PIP McCORMAC

## FRESH & WILD



It's not so easy being green as winter begins to roll around. Salads stop feeling so enticing, the imported lettuce in supermarkets a little limp around the edges. Step forward herbs: mint, dill and parsley should all continue to flourish for another month. Use to pep up autumnal stews, stir into sauces and sprinkle into roasted root vegetables. Or, as Sabrina Ghayour does in her brand-new Persian-inspired recipes (over the page), to add a note of the exotic. Yes, even parsley. Snap off a sprig and see. ■

Photograph Laura Edwards. Food styling Sunil Vijayakar. Prop styling Jennifer Haslam

Find autumn's best  
herby recipes at  
**REDONLINE.CO.UK**

Roasted cod loins with thyme and pul biber and, opposite, Roasted butternut and fennel brown rice salad (see over page for recipes)





# BLOWING IN FROM THE EAST

One part her Persian heritage, one part her UK upbringing, Sabrina Ghayour's food hints at the exotic. Fragrant, warming and wholly delicious ➤

Photographs LAURA EDWARDS Food styling  
SUNIL VIJAYAKAR Prop styling JENNIFER HASLAM



**S**abrina Ghayour made me take my shoes off at the door of her west-London flat. In fact, she'd already warned me to wear socks, so I'd have something to pad about in. I won't lie, I was worried. Because my image of Ghayour, as the charming host of her own supper club and author of bestselling 2014 cookbook *Persiana*, was of someone who didn't stand on ceremony.

'I've got new carpet,' she explains, standing back in her slippers to show me a soft taupe pile. She brews me coffee, right to the brim ('I like to make it so full I have to bend down and sip the first mouthful off the counter'), and cuts me a slice of homemade ricotta and blueberry cake. She's exactly as I'd hoped.

*Red* has been chosen as the first to hear some big news: *Persiana* is to have a sequel. It's no surprise, given its huge international success, but it's exciting nonetheless. While the first book played on her Iranian heritage (she moved to the UK aged two), the second is 'no longer Persian or Arabic, but it uses their styles of cooking', she says. 'It will all be really fresh, easy and light; familiar dishes with Eastern flavours.' It's entitled *Sirocco*, meaning an Eastern wind that blows West ('I was like, "That's it! That's me!"') and it's out next May.

To tide you over are these brand-new recipes, exclusive to *Red*, which follow the format that's won Ghayour an army of fans. 'Just chop and chuck in the pot,' she says. 'Cooking should be embarrassingly easy. Share with friends or just cook for yourself. You should always put yourself as high up on that list of important people as possible – cooking shouldn't just be for others; you should enjoy it, too.' So invite people over for these dishes, or don't. Either way, you'll savour every mouthful. *PIP McCORMAC*

## ROASTED COD LOINS WITH THYME AND PUL BIBER (page 226)

Pul biber is a coarsely ground Turkish paprika, and lends the fish piquancy. It's not hot, but has a delicious edge.

**SERVES: 4**

**PREPARATION TIME: 10 minutes**

**COOKING TIME: 16–18 minutes**

- **4 x 200g cod loin fillets (thicker pieces work best)**
- **Garlic oil**
- **4 tsp thyme**
- **2 tsp pul biber (available from souschef.co.uk) or paprika**
- **Zest of 2 lemons**

**1** Preheat the oven to 220°C/gas mark 7 and line a roasting tray with baking paper. Place the fish on the tray, coat each fillet generously with garlic oil, then sprinkle over the thyme, pul biber or paprika, lemon zest and a generous amount of black pepper and sea salt to taste.

**2** Roast in the oven for 16 to 18 minutes, until the fish is cooked. Remove and serve immediately with chard or spinach, and maybe some buttery potatoes.

## ROASTED BUTTERNUT AND FENNEL BROWN RICE SALAD (page 227)

This hearty salad is the perfect transition from late summer to autumn. Make plenty – it works well to eat again as leftovers.

**SERVES: 6**

**PREPARATION TIME: 25 minutes**

**COOKING TIME: 1 hour**

- **300g wholegrain basmati or brown rice**
- **1 large butternut squash, around 1kg**
- **Olive oil**
- **2 large fennel bulbs, stalks and any green discarded**
- **1 large red onion, finely diced**
- **5 tbsp honey**
- **Zest and juice of 2 lemons**
- **40g flat-leaf parsley, finely chopped, stalks and all**

- **20g fresh mint, leaves picked and finely chopped**
- **200g dried cranberries**
- **150g hazelnuts, toasted and roughly halved/chopped**
- **200g pomegranate seeds**

**1** Preheat the oven to 200°C/gas mark 6 and bring a large pan of water to the boil. Cook the rice according to the packet instructions. Drain and rinse, then place in a large bowl. Peel the squash and cut into 3cm-thick wedges. Drizzle over plenty of oil, season and roast in the oven for 45 minutes, or until the edges are deeply burnished and browned. Remove from the oven and allow to cool.

**2** Preheat a griddle pan over a high heat and cut the fennel into 1cm-thick discs. Brush each disc with oil, season and griddle for a few minutes on each side, until char marks appear, adding the onion halfway through. Set aside.

**3** Combine the rice with a generous amount of oil, the honey, lemon zest and juice, parsley, mint, cranberries, hazelnuts and pomegranate seeds. Season to your preference. Spoon the rice mix on to a serving platter and arrange the butternut squash, fennel and onion on top, lightly tucking the squash and fennel pieces in. Drizzle with a little olive oil and serve.

## CHICKEN KOFTA WITH STICKY PRESERVED LEMON GLAZE

You can do this the night before if you like, as the flavours will just



intensify. The herby sauce and sharp lemon tang make this dish sing – you could also use the mixture to make meatball-sized portions.

**SERVES: 3-4**

**PREPARATION TIME: 25 minutes**

**COOKING TIME: 15 minutes**

**For the chicken kofta:**

- 500g boneless chicken thighs
- 1 large onion, minced or very finely chopped
- 2 large free-range eggs
- 2 large handfuls of pine nuts
- 20g dill, finely chopped
- 2 tsp turmeric
- 2 tsp ground coriander
- 2 tsp garlic powder
- Vegetable oil, for frying

**For the glaze:**

- 6 preserved lemons
- 2 garlic cloves, peeled and crushed
- 5 tbsp honey
- 2-3 tbsp olive oil
- Sea salt flakes, to taste

**1** Using a stick blender or mini food processor, blitz all the glaze ingredients together, as smooth as you can (using more olive oil if needed, to loosen), and set aside.

**2** In a large bowl, use a stick blender to blitz the chicken into mince. Add all the remaining ingredients except the oil and combine for several minutes, until you get an even paste.

**3** Divide the chicken mixture into six to eight equal portions and shape into long sausages. Drizzle a little oil into a frying pan, add the koftas and fry for several minutes before turning and repeating until they are firm to the touch and golden brown – around 15 minutes in total. Add the preserved lemon glaze to the pan, remove from the heat and coat the koftas lightly in the liquid. Serve immediately.

## MINI HOT PEPPERS STUFFED WITH FETA, MINT AND PINE NUTS

These little bites make great finger food, or work well as a side dish to rice or grain salads. They're not



a terrible fiddle to make, and the zesty lemon taste lingers beautifully.

**MAKES: Around 25-30**

**PREPARATION TIME:**

**20 minutes**

- 400g jar of piquanté preserved mini red peppers (ideally Peppadew, available from Ocado)
- 300-400g feta cheese
- 4 tbsp Greek yoghurt
- 20g mint, leaves picked and finely chopped
- Zest of 2 unwaxed lemons
- Juice of 1 lemon
- 75g toasted pine nuts, roughly chopped

**1** Drain the peppers and pat dry with a kitchen towel. Crumble the feta into a bowl and add the yoghurt, mint, lemon zest and juice, pine nuts and lots of freshly ground black pepper, and mash them together using a fork. You want a thick feta purée rather than a gloopy consistency.

**2** The fastest way to fill the peppers is to use a piping bag with a wide nozzle – however, I confess I usually just fill them carefully with a teaspoon and wipe off any smudges of cheese from each one. Once done, you can serve them immediately or keep them in the refrigerator until the following day. >

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What your  
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## BEETROOT SALAD WITH BURNT CHESTNUTS, TAHINI YOGHURT AND HERB OIL

There's an incredible mix of textures here – creamy sauce, soft beetroot, crunchier chestnuts. Eat on its own, or with any of the other dishes here.

**SERVES: 4**

**PREPARATION TIME:**

**15 minutes**

**COOKING TIME: 10 minutes**

**For the beetroot salad:**

- 1.5kg red beetroot, roasted and peeled (or you can use vacuum-packed, in natural juices)
- 200g cooked and peeled chestnuts (vacuum-packed usually)
- Toasted sesame seeds and nigella seeds, to serve
- Olive oil

**For the herb oil:**

- 10g dill
- 10g coriander
- Zest of 1 lemon and a good squeeze of lemon juice
- 5 tbsp olive oil

**For the tahini yoghurt:**

- 3 tbsp tahini
- 100g Greek yoghurt
- 2-3 tbsp olive oil

**1** Cut the beetroot into quarters and arrange on a large platter. Place the chestnuts in a pan over a high heat without oil and scorch them a little on each side until slightly blackened – this will take a good few minutes. Remove from the heat and arrange on the platter with the beetroot.

**2** To make the herb oil, blanch the dill and coriander in a bowl with a little hot water for a minute, then drain and cool under the tap. Using a stick blender, blitz the herbs, lemon zest and juice, and olive oil to a smooth mix (using more oil if needed, to loosen), season and set aside.

**3** Combine the yoghurt ingredients with one to two tablespoons of warm water, season and drizzle over the beetroot. Spoon over the herb oil, sprinkle with the seeds and serve. ➤

## SALTED PEANUT BAKLAVA WITH ORANGE SYRUP AND DARK CHOCOLATE SAUCE

This decadent dessert is a play on the Turkish classic, and is sweet and rich and moreish. You will want to use the chocolate orange sauce greedily, trust me, so don't be sparing. You could also serve with a little crème fraîche or whipped cream.

**MAKES:** 12 pieces

**PREPARATION TIME:**

45 minutes

**COOKING TIME:** 45 minutes

**For the baklava:**

- 400g salted peanuts, ground in a food processor until very fine
- 100g caster sugar
- 150g unsalted butter, melted
- 8 rectangular filo-pastry sheets

**For the chocolate sauce:**

- 75g 70% dark chocolate (pieces, buttons or chunks)
- 150ml double cream
- Zest of 1 unwaxed/organic orange

**For the orange syrup:**

- 300g caster sugar
- Juice of 1 unwaxed/organic orange

**1** Preheat the oven to 180°C/gas mark 4. Combine the peanuts with the sugar and stir well until the sugar is evenly distributed. Brush the base of a 25-30cm square cake tin generously with melted butter and line with four sheets of filo (two lengthways, two widthways). Any overhang will be folded over the nut filling so don't worry about excess pastry. Add the peanuts to the tin and gently flatten to create an even surface without compressing them too forcefully.

**2** Tuck in all the loose flaps of pastry and brush with butter. Cover the peanut mixture with another four sheets of filo pastry (halving them usually gives you the perfect size to cover the nut mixture). Brush



a very generous amount of butter all over the surface and down the sides of the baklava to ensure it has enough butter for cooking. Then, using a very sharp knife, cut diagonal lines (or square, if you prefer) across the top pastry layers as neatly as possible and bake in the oven for 25 to 30 minutes.

**3** Preheat a small saucepan over a gentle heat and melt the chocolate into the double cream along with the orange zest. Remove from the heat once it's all combined and smooth. In the meantime, to make your orange syrup, place a small saucepan over a medium-high heat

and dissolve the caster sugar into 200ml of boiling water from a kettle. Add the orange juice and stir well before allowing the mixture to reduce and form a syrup, which should take around 15 minutes.

**4** Once the baklava is done, remove from the oven and immediately pour over the orange syrup. Allow to cool, then either remove the whole baklava from the tin using a fish slice or similar, or cut little pieces out and drizzle over the chocolate sauce as desired, and serve.

See Sabrina Ghayour's essential ingredient checklist at [REDONLINE.CO.UK](http://REDONLINE.CO.UK)



# Turn up THE STYLE

From cool, modern flats to cosy, country cottages, this stylish new range from AGA includes iconic cookers that will add the wow factor to any kitchen

Think AGA cookers are only for country dwellers? It's time to think again. Today, thanks to a new range of cooker models, there's an iconic AGA model for everyone.

Famed for its timeless style, the AGA has long been a stalwart of the country kitchen, but its new, cutting-edge technology, which also allows for huge savings on running costs, means it is suitable for modern flats and houses, too. Plus, the radiant heat from the cast iron ovens makes this one of the best cookers around. Now is the perfect time to fall in love with owning an iconic AGA.

## AGA TOTAL CONTROL

If you work long hours, or are out of

the house all day, this is the AGA for you. The experts at AGA know that controllability is important. That's why, with AGA Total Control, you can make sure you only have on the parts of the cooker you need by using its state-of-the-art control panel. By doing this, it only costs from £5 a week to run. There's even the AGA iTotal Control, a model that can be remotely programmed via a smartphone for a hassle-free experience.

## AGA DUAL CONTROL

The AGA Dual Control cooker is perfect for people who adore the AGA cooker's ambient warmth as the ovens operate together and are

available for use at all times, much like a traditional AGA cooker. However, with this model, the hotplates can be turned on and off independently, so you can save energy and reduce the heat in the room during the summertime.

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If you've got a smaller kitchen, try the AGA City60: a cooker that, mounted on wheels at just 60cm wide, can slot in anywhere. Even better, it comes in 14 different shades, so it's perfect for anyone who is looking to add a splash of colour to their kitchen.



Want to know more? Visit [agaliving.com](http://agaliving.com) or call 0845 481 0062 for a one-to-one demonstration and more information.

# GET BACK TO YOUR ROOTS

And grains and pulses and nuts.

For Heidi Swanson's fresh take on vegetarian food, inspired by her travels, will have you rediscovering those simple flavours that come from nothing but nature's finest

*Recipes & photographs  
HEIDI SWANSON*

## RADICCHIO SALAD

Bold colour and a backnote of bitterness make radicchio a perfect way to break out of the green-salad rut. I like to offset the radicchio-rocket bite with a bit of sweetness from slivers of fig and a dot of cream.

SERVES: 4-6

PREPARATION TIME:

15 minutes

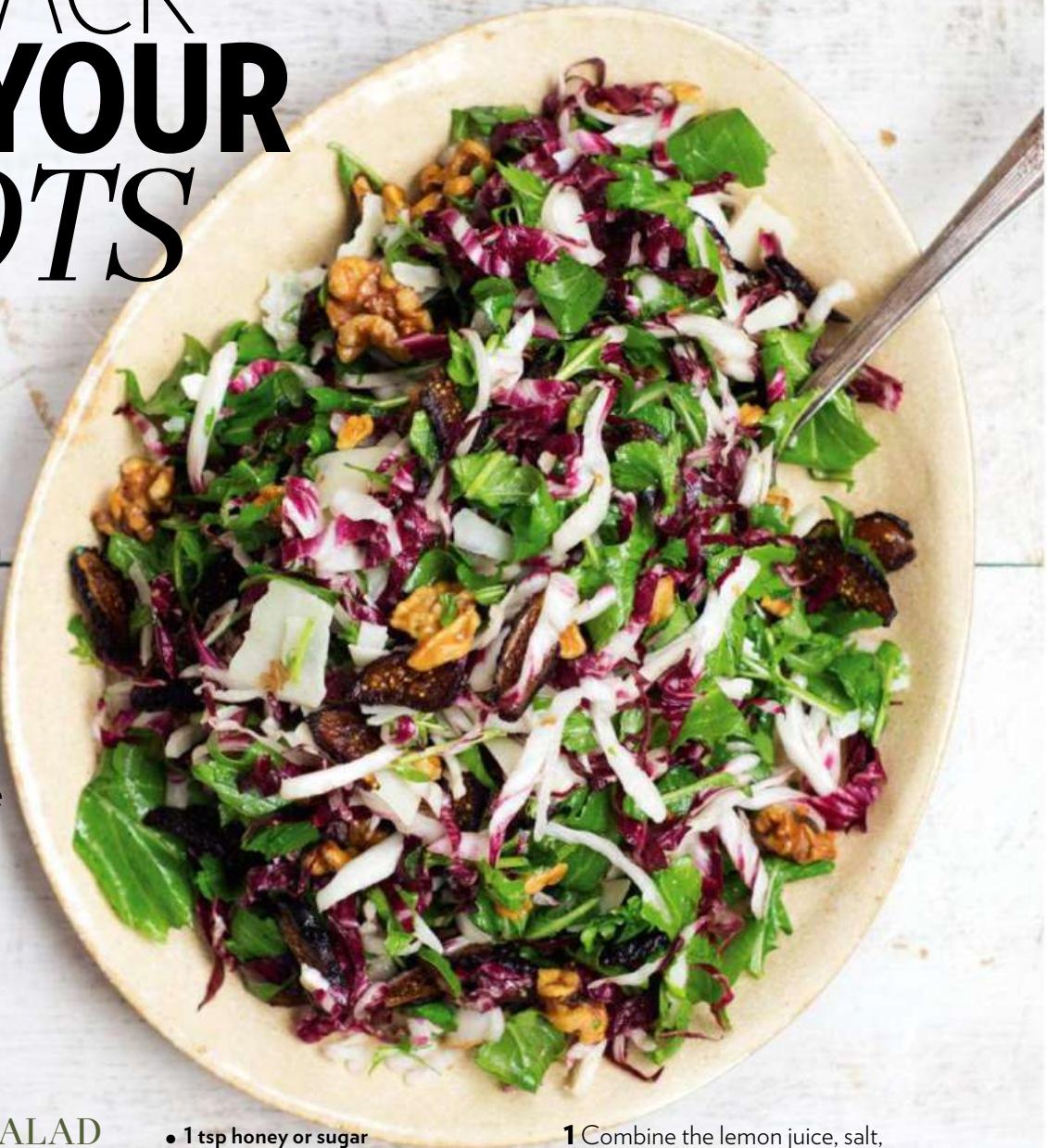
- Juice of 1 lemon

- A pinch of fine-grain sea salt

- 1 tsp honey or sugar
- 1/2 tsp finely crushed whole coriander seeds
- 80ml extra-virgin olive oil
- 1 tsp double cream (optional)
- 125g rocket, shredded
- 1 medium radicchio head, around 285g, cored and shredded into 5mm strips
- 125g walnut halves, toasted
- 85g pecorino
- 100g dried figs, stemmed, then sliced

**1** Combine the lemon juice, salt, honey or sugar and seeds in a bowl. Slowly whisk in the oil, then the cream (if using). Taste and add salt, lemon juice or sugar if needed. Set aside.

**2** Just before serving, mix up the rocket, radicchio and walnuts in a large bowl. Toss with two thirds of the dressing. Add most of the pecorino and dried figs and more dressing if needed, and gently toss again. Finish with the remaining pecorino and dried figs.



## VAGHARELI MAKAI

In Delhi, I saw a cluster of women in electric-green and pink saris. One was eating a simple bowl of rice topped with a smear of what looked like an Indian harissa paste with a peanut and vegetable medley. You knew at a glance it tasted good. Here's my version. You can enjoy it over rice, lentils or just as a side dish.

**SERVES: 4**

**PREPARATION TIME:**

*10 minutes*

**COOKING TIME:** 5 minutes

- 2 small fresh red chillies

- 2 medium garlic cloves

- 2.5cm ginger
- 1/4 tsp turmeric
- 3/4 tsp fine-grain sea salt
- 30g clarified butter, ghee or sunflower oil
- 1 1/2 tsp yellow or brown mustard seeds
- 455g fresh (or frozen) corn kernels
- 55g roasted peanuts
- 30g chopped coriander
- 1 or 2 lemons, cut into wedges and seeded
- 2 tbsp toasted sesame seeds

**1** Use a mortar and pestle or a food processor to smash the chillies, garlic, ginger, turmeric and salt into

a paste. Heat the butter, ghee or oil in a frying pan over a medium-high heat. Add the mustard seeds and, once they have begun to pop, stir in the corn. Cook, stirring gently but constantly, for a minute or so, then add the peanuts, half the coriander and half the prepared chilli paste.

**2** Cook for another minute or so, taste and add the rest of the paste (if you don't find the dish too spicy) and a good squeeze or two of lemon juice. Taste and adjust the seasoning if needed. Serve topped with the sesame seeds and the remaining coriander and lemon wedges. »





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## CHICORY SOUP

Preserved lemons are bright bursts in salads or vinaigrettes, or in a chilli relish like this one. You can use the chopped peel or entire lemon (seeded). I also like to use a bit of the barley cooking water in place of some of the water called for here.

**SERVES: 4**

**PREPARATION TIME:**  
*20 minutes*

**COOKING TIME: 45 minutes**

- 105ml extra-virgin olive oil, plus extra to serve
- 1 medium onion, quartered and thinly sliced
- 225g diced celery
- 1 bay leaf
- 3 fresh thyme sprigs
- 425g cooked barley
- 1 large dried ancho chilli
- 1 large garlic clove
- 1 small whole preserved lemon, rinsed, seeded and finely chopped
- 115g chicory, cut into 4cm pieces
- Crème fraîche, to serve
- Coriander and/or chopped chives, to serve

**1** To a large pot over a medium heat, add 60ml of the olive oil, the onion, celery and two teaspoons of salt. Stir often for five to 10 minutes, until the onions and celery are soft but not browned. Add the bay leaf, thyme and 1.75 litres of water and simmer for around 20 minutes, until the vegetables are very tender. Stir in the cooked barley. Simmer for 10 to 20 minutes more, until the barley has slightly thickened the broth. Remove and discard the bay leaf and thyme sprigs. Taste and add seasoning if necessary.

**2** While the soup is simmering, make a lemon-chilli relish. Remove the stem, ribs and seeds of the chilli. Chop it into very small, irregular crumbles. In a small saucepan over a medium heat, combine the last of the olive oil with the chilli crumbles and garlic. Tilt the pan so the oil

pools, toasting the chilli, but taking care not to burn the garlic. After around five minutes the chilli should be softened and its flavour will have infused the oil. Remove the pan from the heat, smash the garlic pieces and stir in the lemon.

**3** To serve, toss the chicory with a splash of olive oil and a sprinkle of salt. Ladle the soup into bowls and top with the chicory. Add small spoonfuls of the lemon-chilli relish, dabs of crème fraîche and lots of coriander and chives to each bowl. »



## FREGOLA SARDA

Tossed with chicory, hazelnuts, capers and basil, this pasta makes a wonderful, light and fresh dish. If you can't find fregola, use orzo.

SERVES: 4-6

PREPARATION TIME: 20 minutes

COOKING TIME: 10-15 minutes

- 3 large eggs
- 200g fregola (available from [vallebona.co.uk](http://vallebona.co.uk)) or orzo pasta
- 60ml extra-virgin olive oil
- 45g capers, rinsed and patted dry
- 1 medium garlic clove, smashed
- 1 lemon, zest and 1 1/2 tbsp juice
- 2 or 3 medium chicories, cored and cut into 1cm ribbons
- 15g torn fresh basil
- 40g chopped toasted hazelnuts

**1** Place the whole eggs in a pan and cover with cold water. Bring to a boil. Turn off the heat, cover and leave for 10 minutes, then place the eggs in a big bowl of ice water for three minutes or so. Peel, grate on a box grater, toss with a couple of pinches of fine-grain sea salt and set aside.

**2** Bring at least two litres of water to the boil, salt well, add the fregola or orzo and cook for 10 to 15 minutes (or according to packet instructions). You want it al dente. Drain, rinse lightly with cold water and shake off as much moisture as possible.

**3** While the pasta is cooking, heat the olive oil in a large frying pan over a medium-high heat. Add the capers and garlic and cook until the capers burst and start to brown. Take off the heat, discard the garlic and stir in a small pinch of salt. To serve, transfer the fregola to a large bowl or platter. Pour the contents of the frying pan on top and give it a good toss. Add the lemon zest and juice. Throw in the chicory, basil and most of the hazelnuts and toss again. Taste and adjust the seasoning before finishing with the grated eggs and remaining hazelnuts. 

Recipes taken from *Near & Far by Heidi Swanson (Hardie Grant, £20)*



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**REDONLINE.CO.UK**

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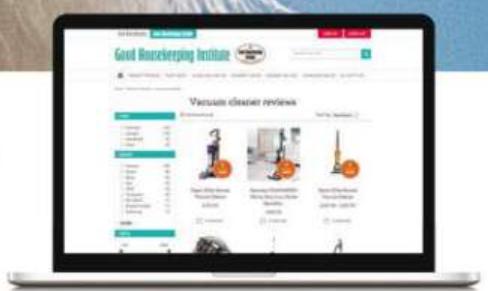


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## DINING

# MAKE THE CUT

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# Homemade, DELICIOUS

With no artificial flavours, colours or stabilisers, there's nothing like making your own homemade yoghurt, with help from EasiYo

**I**t's undeniable, eating healthily is complicated. With so many of today's foods containing preservatives and artificial ingredients, it's hard to keep track of what you're putting into your body.

But with EasiYo's new Yogurt Maker, things are about to get easier. Simple to use and with over 30 delicious flavours, it's the easiest way to make delicious yoghurt with no artificial colours or flavours and no stabilisers. You can enjoy the homemade goodness\* of EasiYo everyday – a source of protein and calcium (not to mention gluten-free), EasiYo tastes so much better than shop-bought yoghurts. Once you taste the delicious, smooth texture you won't go back!

**'The EASIEST way to make yoghurt, with no artificial colours, flavours and no stabilisers. Enjoy the HOMEMADE goodness\* of EasiYo everyday'**

## 3 STEPS TO HOMEMADE YOGHURT

Just follow these simple stages for the freshest, most delicious yoghurt...

- 1 Half-fill your yoghurt jar with tepid (15-19°C) water, then add the contents of a yoghurt sachet. Pop on the lid and give it a good shake.
- 2 Top up the jar with more tepid water to about 5mm from the top and shake again.
- 3 Fill the yoghurt maker with boiling water to the top of the baffle.
- 4 Put it in the EasiYo Yogurt Maker and in eight to 12 hours, you've created 1kg of delicious, homemade yoghurt.



### Give it a go

Face of EasiYo Jenni Falconer recommends the new maker to mums who want to give the best to their families. The EasiYo Red Yogurt Maker is priced at RRP £17.99. For more information, visit [easiyo.com](http://easiyo.com)



\*EasiYo is a source of protein and calcium. Calcium helps maintain normal bones. Enjoy EasiYo daily as part of a healthy balanced diet and lifestyle.

## FOOD TREND

# Join the chain gang

We all love a five-star foodie experience, but there's a lot to be said for the allure of the chain restaurant, says Pip McCormac

**C**routons and fake bacon bits. I say them with relish, but eat them with coleslaw, by the ladleful, from the salad cart at Pizza Hut. Because not every meal out comes with a social-media buzz or five-star review.

Good food is enjoyable food, and embracing mid-level chain restaurants is no longer the final foodie taboo.

For there has been a perceptible shift in the quality of the names you see on every high street, and most of us are regularly eating in chains: popping in with a voucher, grabbing lunch with a friend as part of the working day. Why not celebrate it? Or at least own up to it, and share tips on what to order. Mini-chains like Wahaca, Byron and Cau serve up some of the best food of their genres, while mega-brands like Café Rouge and Pizza Express have reinvented themselves, their menus and their quality controls. On a recent trip to Bella Pasta with two children under four, the staff couldn't have been friendlier, nor the food more perfect for its audience.

I ask a group of food writers if they've noticed the sea change, if they embrace eating in chains. 'Do Byron and GBK count?' asks Rebecca Seal, the *Evening Standard's* restaurant expert. 'I'm a sucker for overfilled burgers.' Adds recipe writer and chef Olia Hercules, 'I go to Pizza Express because I think it's pretty damn good. I order the Giardiniera pizza.' And *The Telegraph's* Diana Henry tells me, 'People are so snobbish about these things. I do go to chain restaurants because I have kids. I like Paul, the pâtisserie, and nearly always have an Anglaise abricots, while the children love the éclairs.'

Although many independent restaurants aren't expensive, sometimes we all crave the comforting



reassurance of bigger brands, of knowing what you're going to get and how much you're going to pay for it. The *Observer's* restaurant critic Jay Rayner wrote recently about the 'bistronomie' movement, where 'great food does not have to come with the frottage and stroke of tinkling glassware and heavy linen'. If it comes with a side of familiarity then is it really so bad if it lacks the unique craftsmanship found in independents?

The trick is to know which ones to eat in, and what to choose. *The Guardian's* restaurant critic Marina O'Loughlin says you shouldn't be more forgiving just because you're on the high street. 'I suppose I approach [chains] in a slightly less benevolent state of mind, so if they're good it's a nice surprise.' She rates Côte, Wahaca and the fast-growing Franco Manca, but says, 'I can't bear Nando's, and don't understand the cult that has grown up around it.' She clearly hasn't got to its dessert selection.

A straw poll of the *Red* office reveals Busaba, Wagamama and Côte, again, as places we all go and love. Hating genericness, searching out market stalls and must-eat oddities

and professing our adoration of them on social media has become such a part of our national tapestry we've forgotten what is at its very core: the Pizza Express two-for-ones that get us through the week. Now, has anyone got this month's offer code? ↗

Find recipes from  
our favourite  
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MODERN FAMILY

# GIVE THEM *an* INCH



...and they'll make you smile. Ashlyn Gibson's approach to parenting allows children to shape the home you share. They just need the right building blocks

Photographs BEN ROBERTSON

Every parent, aunt or godmother is familiar with the one-word question: 'Why?' And while having to account for the sky's blueness can drive even a saint to distraction, a child's curiosity should be encouraged. Children discover the world around them via their hunger for knowledge. You may be faced with a hundred questions a day, but the more you engage with your kids, the richer they'll become.

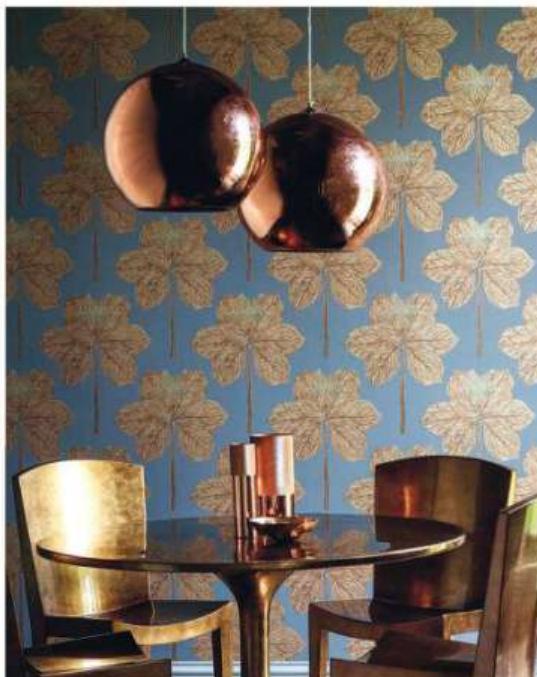
A creative family home has an abundance of inventive ideas that energise children's fertile imaginations. You see, even a high chair pulled up to the kitchen table can be the launchpad for an inspiring childhood. In a successful family home, the smallest of spaces can provide boltholes and hideaways where your children can grow in independence. For older children, homework zones offer a place where they can develop their concentration and start to organise their own lives. The key is to view your home as an ongoing, collaborative project with your child, evolving as you both do, too. You'll find your house will take on its own spirit and soul. And your child's creative energy will be its heart.





## Bright at home

This living room is a prime example of a creative family home, where the toys don't look too 'kiddie', and the bright colours and playful shapes of the home accessories don't look too adult. A pile of luxurious blankets in the corner is always at the ready if the children want to take an afternoon nap. When the boys are running around playing lively games, they can be requisitioned as superhero capes. At the same time, a space to play together around a big table can be less restricting than sitting down to a child-sized desk. »



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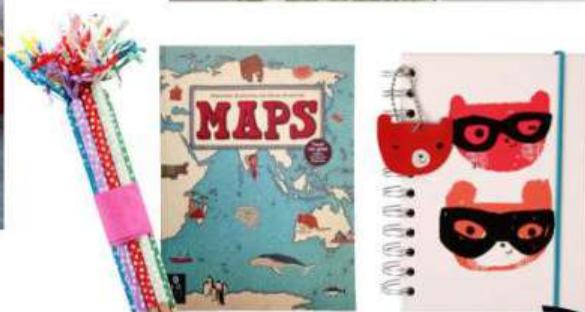
## SENSE THE MOOD

It isn't a necessity for children to have a dedicated creative or homework zone, but even just allowing them some wall space to express themselves with a mood board will help form an ever-changing narrative. Think of it as a giant scrapbook, allowing you to see what your child loves right now.



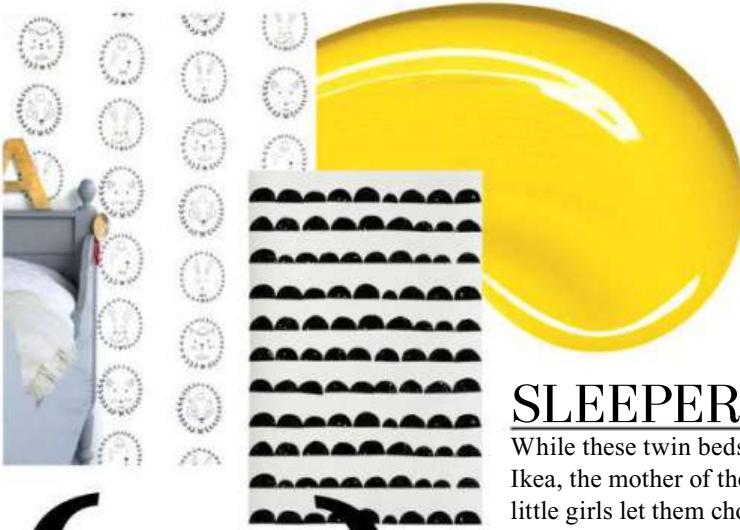
## IN THE FRAME

Give children the basics and they will create their own games. A den structure in any form becomes an exciting hideaway.



## Top of the class

FROM LEFT: Graphite pencil set, £8, Anthropologie. Maps book, £20, Willow & Stone. Notebook, £5, Paperchase



### Up the wall

A little bit of pattern and colour can go a long way.

FROM LEFT: Picture Perfect wallpaper, £70 for 10m, Rockett St George. Half Moon wallpaper, £65 for 10m, Ferm Living. Lemon Chiffon matt emulsion paint, £24.49 for 2.5l, Dulux

## SLEEPER HIT

While these twin beds are from Ikea, the mother of these two little girls let them choose their own bed linen to allow them to develop their individual style. Anthropologie sells similar quilts, and you can find wallpaper like this at Cole & Son. The key to wall coverings is to pick something that ages well – this pattern won't look out of place as the girls grow. And do leave some wall space for their own artistic efforts, too... >



## CORNER ROOM

Both bed and playhouse, this specially commissioned carpentry shows you can be inventive with ordinary furniture. Although just hanging strings of lights above a standard bed will add a little magic.



### 3 of the best... storage ideas

**Wood doll's house shelf,**  
£65, Cox & Cox



**Polyester storage baskets,** £3.50 for a set of three, Ikea



**Wood crate,** £45,  
Graham and Green



## HAPPY CAMPING

A temporary den is a good option if space is tight. Adopt a nomadic spirit and invest in a teepee – Etsy sells plenty. This can be set up almost anywhere: home, garden, on holiday. Here, the canvas has been customised with an outer fabric and crocheted patchwork cover. ↗



### Under wraps

A simple fabric canopy transforms this bed into a fairy-tale space.



### Star attraction

With its whimsical, playful shape, this light is sure to get imaginations sparking.  
**Metal light,** £65, Cox & Cox

Adapted from *Creative Children's Spaces* by Ashlyn Gibson (Ryland Peters & Small, £19.99). Buy a copy for £13.99, including p&p, by calling 01256 302 699 and quoting 'GLR EA1'

Get more inspiring ideas for family interiors at **REDONLINE.CO.UK**

# FARROW&BALL

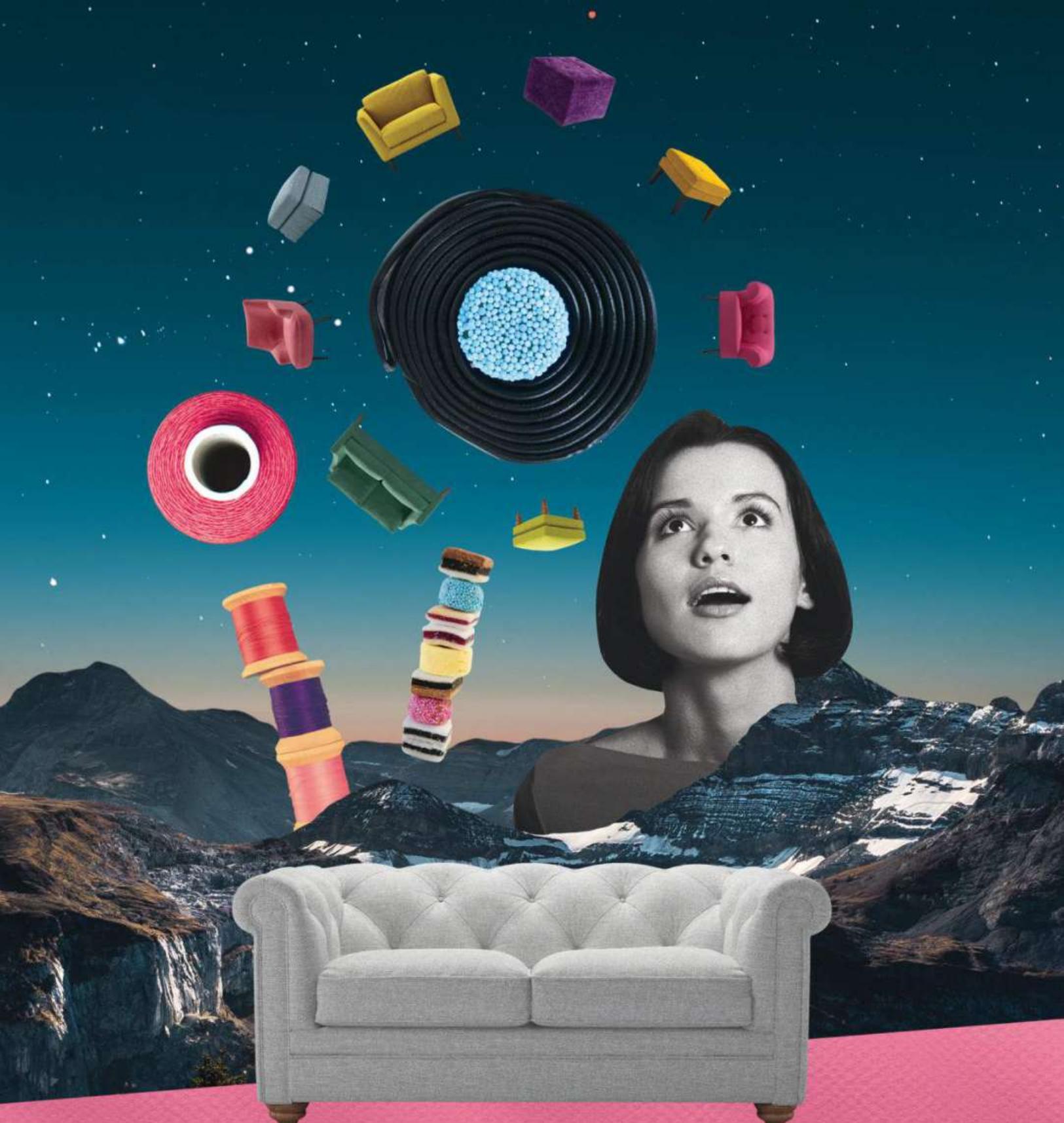
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INSPIRATION

# PICTURE THIS

You don't need a Monet to start your own home art collection – these clever displays can all begin with a simple postcard

Words PIP McCORMAC



# 1

## A BUG'S LIFE

Not all art has to be framed.

Propping prints and paintings up against the wall helps them feel more natural, more a part of the home and decor. The iridescence of these insects is matched by the brightness of the Graham and Green cabinet on which they're placed – think about the colours you have in your home when buying new art. »



**2**

## LIGHT RELIEF

Layering frames over each other not only forms a 3D installation, but also lets you bring in aspects of different moods to create an overall impression. Soft grey florals, strong blocks of green and black-and-white stripes lend this mantelpiece display a fresh, pretty garden feel. Stick to a central colour palette and have fun mixing up contrasting works.

**5**

## OF THE BEST FRAMES



**Stoneware**, £28,  
Anthropologie



**Goldleaf**,  
£49.95, Liberty



**Reclaimed wood**, £29.95,  
Notonthehighstreet



**Glass**, £16,  
Oliver Bonas



**Wood and plastic**, £15,  
Urban Outfitters



**3**

## HIGH RISE

Matching frames (left) give different shapes and sizes a sense of uniformity, while strong borders (below) elevate holiday snaps and postcards to higher form. Run them up your staircase, leaving small gaps in-between to let them breathe.



For more inspiring ways  
to display your art, see  
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# HOW TO TURN ART INTO CHILD'S PLAY

Pictures in your kids' bedroom can be the easiest way to inspire their imagination. Help is at hand from [Etsy.com](https://www.etsy.com)

**B**lock colours. Wallpaper prints in tonal shades. Art hanging in a considered way. Sounds like the most grown-up of interior designs, doesn't it? But it's these principles that make for the most stylish – and creatively beautiful – children's bedrooms, too. You want a room that a child can have fun in, can be inspired by the pictures on the walls and feel like they want to play around in.

Choosing art for them – and with them – is the easiest way to make this happen. And online emporium [Etsy.com](https://www.etsy.com) is the one-stop website to help.

For there's always something to love on Etsy. Inclusive and approachable, the platform makes handmade cool by connecting you directly to the artist or maker themselves. From paintings to limited edition prints, there is so much to discover from artists around the world, perhaps even from your hometown. So pull up two chairs, give your child the mouse and click through all the kid-friendly art together. You'll get to find out what they like... and probably discover a few pieces for yourself, too.



## HANGING COOL

Three quick ideas for showing your art off to its best

**PHOTO BOX:** This clever frame (right) lets you make the most of one photograph. Simple but effective.

**ROOM TO GROW:** Allow your child some wall space to pin postcards, pictures or mementoes, creating a moodboard. It inspires a love of art.

**FRAME IT:** Buy simple wooden frames and paint them bright colours – let your child choose the hues.



Hanging box frame,  
[woodyandflorence.etsy.com](https://www.etsy.com/listing/260000000/hanging-box-frame), £12

## COLOUR POP

The colours used in artworks are just as important as the pictures themselves – bold blocks in graphic designs speak to a child's mind. Think about what you have in the rest of the room, perhaps the colour of a rug picking out an accent shade in the print. You'll find you then have a cohesive scheme, all hanging together as one.

### Great bear

The bold silhouette of this illustrated bear makes for a very modern print, proof that kids' art can be cool.  
**Print,** [roryandthebean.etsy.com](http://roryandthebean.etsy.com), £17.95

### ON THE BLOCK

Keeping the walls one colour makes the art really pop. It will also help the clutter that follows any kid feel just that little bit calmer.  
**Print,** [sianzeng.etsy.com](http://sianzeng.etsy.com), £60



**Print,** [bubblegumyears.etsy.com](http://bubblegumyears.etsy.com), £10.99



### PRINTS CHARMING

These sweet, cartoonish drawings will appeal to young and old alike. Friendly but fun, they work for little and bigger children.

**Moon print,** [agnessgallery.etsy.com](http://agnessgallery.etsy.com), £8.90.  
**Type print,** [minilearners.etsy.com](http://minilearners.etsy.com), £4.50



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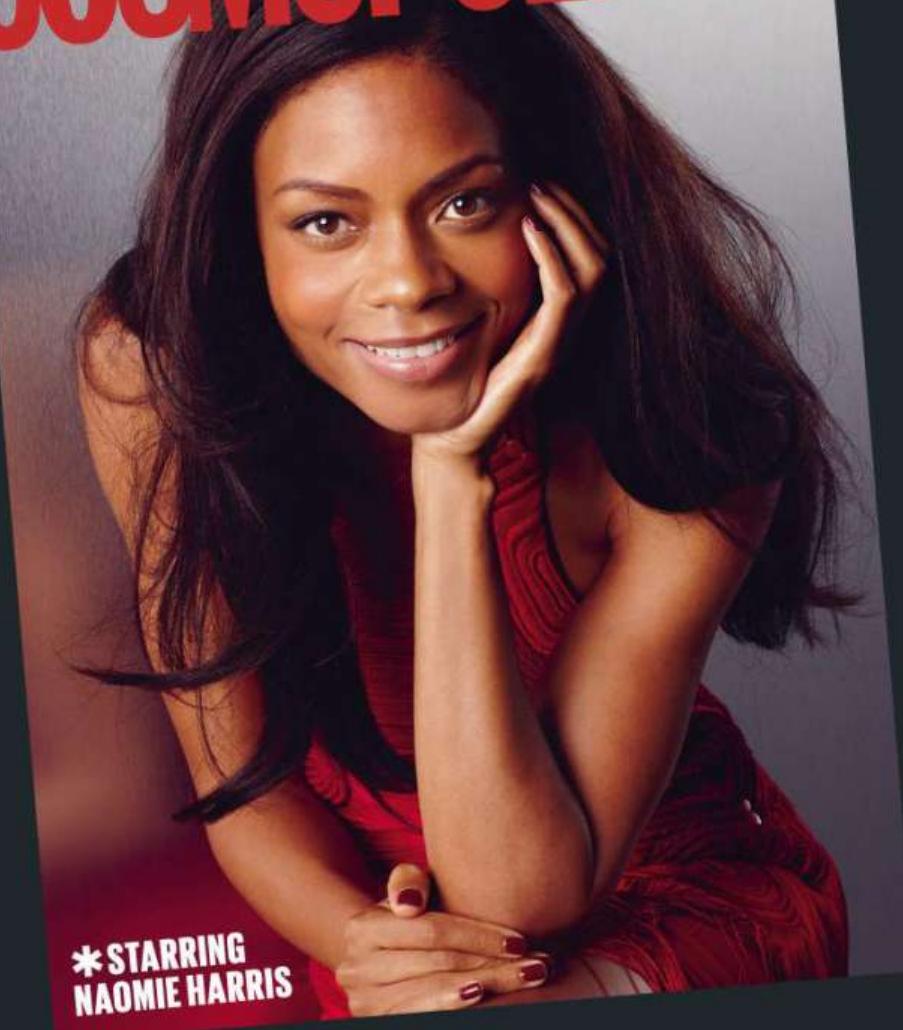
### How to buy art

Do your research. Is your child drawn to particular shapes, colours or textures? Think about a theme, either with colour or style of drawing. And remember that your child needs to love every piece you pick – that's what it's all about.

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# COSMOPOLITAN



\*STARRING  
NAOMIE HARRIS

# NEW-LOOK COSMOPOLITAN SMARTER. SHARPER. BOLDER.

November issue



On sale 1 October

# Escapes

Edited by SASKA GRAVILLE

## CHASING THE SUN

Autumn is upon us, but we're not quite ready to give up on summer, so we're heading to where the skies are blue and the waters warm

### Beach idyll SRI LANKA



Ever since I was five and my mum showed me photos of her honeymoon in Sri Lanka – achingly green scenery, elephants roaming freely, all framed by the most beautiful beaches you've ever seen – it has sat at the top of my holiday hit list.

I'm on a tour of the more untracked Sri Lanka, but first stop is grand townhouse hotel Residence by Uga »



A beautiful Sri Lankan sunset

FROM LEFT: The main pool at Ulagalla; Samantha's mum on honeymoon in Sri Lanka in 1993



Escapes in Colombo. Newly opened, it looks like it has just been unravelled from its wrapping: gleaming wood floors, ornate furnishings and a pool that glows sapphire blue. The ultimate urban oasis, you would never know you were in the midst of the colour and chaos of Sri Lanka's capital city.

Wandering the streets, I'm seduced by the city's charm: tuk-tuks snake across the roads; streets are lined with fish- and fruit-packed market stalls. A visit to Gangaramaya Temple (one of the most beautiful temples in Colombo; [gangaramaya.com](http://gangaramaya.com)) leaves me spellbound.

The next day an air taxi from Colombo to the often-untrod east coast offers film-worthy views of the lush jungle and the striking rock-top fortress of Sigiriya. Until six years ago tourists were advised not to visit

the east coast due to the civil war, so there's hardly any package tourism, giving it an untouched, authentic vibe.

If the Residence is sleek, city glamour then Jungle Beach is rustic chic at its best. A collection of villas incorporating trees and plant life, you feel like you're in a luxury treehouse. When I check in to my Jungle Villa, I find a gheko in my bathroom and an outdoor shower to soap up under the stars. A place to unpack feelings of stress and unplug from the world.

But it's not just serenity I'm seeking. This is the perfect place to head for some end-of-year sun. The daily average in October is 27°C and with miles of white floury sand beach, there's no fighting for sunloungers.



But make sure you leave your lounger for the fascinating town of Trincomalee and take a boat trip to nearby Pigeon Island (don't be put off by the name). A snorkel hotspot, you can expect to see turtles, reef sharks and a display of tropical fish.

My final – and favourite – check-in is hidden enclave Ulagalla. Once the ancestral estate of Sri Lankan nobility, this 150-year-old home has been transformed into 20 raised villas. With floor-to-ceiling windows that overlook the hotel's verdant paddy fields and your own private plunge pool and deck, it's pure luxury. When you want a change of scenery, you can while away the hours watching grey langur monkeys play in the treetops by the main pool.

Another reason to head to Sri Lanka at this time of year is that chances of spotting wildlife in the national parks are at their peak. A dawn visit to Wilpattu ([wilpattu-nationalpark.com](http://wilpattu-nationalpark.com)) is a must. I fill my memory card with shots of crocodiles, elephants and the elusive leopard.

Sri Lanka has so many faces and now is the time to discover them. The only problem? I've barely scratched the surface of this incredible country so it's staying at the top of my holiday hit list. *SAMANTHA HARRIS*

#### TRIP NOTES

Kuoni offers seven nights for £1,753 per person, b&b, including return flights from London Heathrow to Colombo with SriLankan Airlines, domestic flights to Trincomalee with Cinnamon Air, a private driver and transfers; 01306 747 008, [kuoni.co.uk](http://kuoni.co.uk)

**FROM ABOVE:**  
A secluded beach on the east coast; streets of Colombo; a villa pool at Jungle Beach; Buddah statues at Gangaramaya Temple



**What to pack**

	<b>Poly-mix bikini top</b> , £45, Gant
	<b>Silk kaftan</b> , £165, Iris & Ink at The Outnet
	<b>Poly-mix bikini briefs</b> , £45, Gant
	<b>Leather bracelet and charm</b> , from £40, Jennifer Lopez for Endless Jewelry
	<b>Suede sandals</b> , £79, KG Kurt Geiger



A selection of Sri Lankan dishes



*The view from The Dionysos, overlooking the bay of Kumlučuk*



## Hillside luxe TURKEY

I have very fond memories of Turkey. I spent several weeks in Istanbul back in my student days, and remember the

warmth, the generosity of the people, the smells, the noise and the amazing food. I was looking forward to revisiting all of that this time around – with more luxury than my student self could stretch to.

As an 18-year-old, I could never have dreamt of the gorgeousness of The Dionysos Estate. Overlooking the Bay of Kumlučuk on Turkey's Mediterranean coast, the newly refurbished, family-run hotel is stretched like a village across a mountainside of pine and incense trees. The 43 rooms, cottages and villas are laid out in discreet tiers, with breathtaking views of intense blue waters below. It's a knockout.

The pool, restaurant and bar are at the heart of The Dionysos, giving the estate a central meeting point, despite its sprawling size. Lounging poolside is heaven: the freshwater infinity pool dropping away to a view of the bay below, with its gulets and speed boats.

The glamour doesn't stop there. A shuttle bus takes you down the hill to the hotel's private beach club, complete with waterfront restaurant. It's here I'd love to tell you about how I made full use of the complimentary canoes and sea bikes... Not so much. Don't judge me, but I found it nigh-on impossible to drag myself away from the pool.

When I did venture out, the organised excursions were worth it. Not to be missed is a sailing trip on a traditional gulet. Sitting on deck as we glided out of the harbour at

Selimiye, we lunched on fresh seabass, salads and melt-in-the-mouth aubergine, before jumping straight into the clear blue waters.

At Turgut we visited the carpet village, a government-subsidised carpet weavers' cooperative (much more interesting than it sounds), where I learnt to tell my silk from my cotton, and how to assess a carpet by its knotage. And yes, I came home with a carpet, a simple kilim rug that makes me happy every time I see it. This trip is complimentary (subject to availability) so if you can secure a spot, I recommend it.

As for that Turkish food that filled my student trip, it's even more delicious than I remember. The hotel has three restaurants, all of them supplied by the estate's organic farm. Barbecued meat, accompanied by a variety of delicious salads, chargrilled vegetables and the hotel's own olive oil were exceptional.

Charming and luxurious, The Dionysos' attention to detail is impressive – I appreciated the note of the previous day's expenditure left discreetly by the cottage door every evening. Those holiday drinks add up.

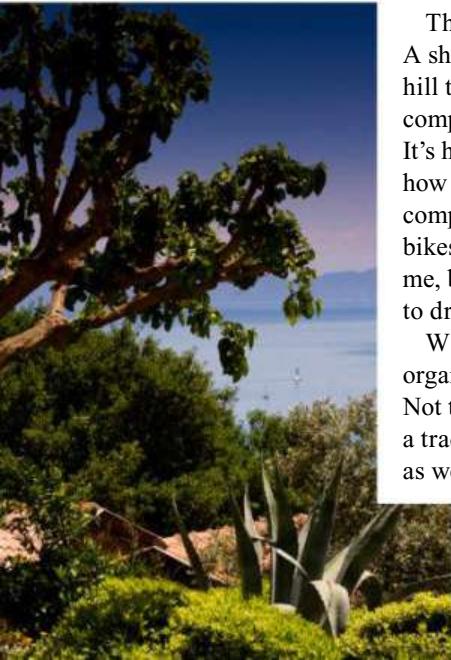
Visiting Turkey as a grown-up was everything I hoped, and more. It has blossomed into a sophisticated destination, without losing any of its unspoilt charm. And now I know there are 26°C pool days well into October, I won't leave it so long before I revisit. Next time, I might even make it into a canoe. BECKY GEE »

### TRIP NOTES

Doubles at The Dionysos Estate from £135 per room, per night, b&b; [dionysoshotel.com.tr](http://dionysoshotel.com.tr). Monarch flies to Dalaman from Birmingham, Leeds Bradford, London Gatwick, London Luton and Manchester from £79.99 one way; [monarch.co.uk](http://monarch.co.uk)



CLOCKWISE,  
FROM ABOVE:  
The stunning  
Turkish coastline;  
The Dionysos pool  
and bar; the vista  
from the hotel



### What to pack



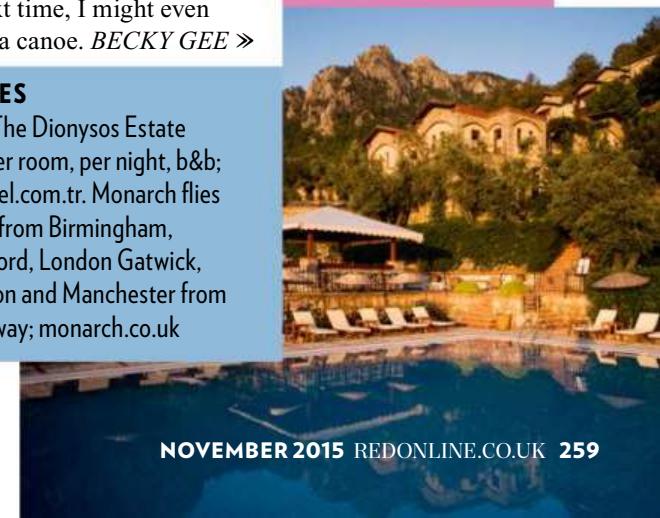
Acetate sunglasses, £390, Laura Imami



Viscose skirt, £100, Anthropologie



Leather sandals, £95, FitFlop





**What to pack**



**Denim dress,** £325,  
Sea NY



**Satin shoes,**  
£195, Mother  
of Pearl



**Leather  
bag,** £295,  
Nicole Farhi



**FROM TOP:**  
Seaside suburb  
Pedregalejo;  
a sculpture in  
the Picasso  
museum; the  
streets of  
Malaga are  
chic and serene

## Malaga's Pompidou Centre



### Chic city break MALAGA

I'll admit I had preconceived ideas about Malaga, based largely on images of the Costa del Sol. What I wasn't expecting was a pretty Mediterranean city, filled with holidaying Spaniards rather than Brits. A city that has little in common with the high-rise resorts that surround it. As the man from the Malaga tourist board put it, just turn left from the airport, not right.

Given that Malaga is Picasso's birthplace, it's fitting the city has an extraordinary gallery of his work. Largely donated from the private collection of the artist's daughter-in-law and grandson, the Museo Picasso Málaga ([museopicassomalaga.org](http://museopicassomalaga.org)) is a Renaissance house with a modern extension, filled with paintings and sculptures. On the day I visited it was crowd-free, a cool escape from the baking streets outside (Malaga stays sunny well into October).

Picasso isn't the only art name in town. Malaga is also home to a Pompidou Centre, the only one outside France ([centrepompidou-malaga.eu](http://centrepompidou-malaga.eu)).

The opening in March was a clear signal of Malaga's intent to position itself as a city of art and culture. As with the Paris mothership, the Pompidou's architecture is striking. Sitting on the edge of the marina, all that's visible is a Mondrian-esque cube of primary-coloured squares, with clear panels offering views to the floors below. Only once you've descended does the building open into

#### TRIP NOTES

Doubles at the four-star Gallery Molina Lario, from around £70 per night, b&b; [hotelmolinario.com](http://hotelmolinario.com). Monarch flies to Malaga from Birmingham, London Gatwick, London Luton and Manchester, from £75.98 return; [monarch.co.uk](http://monarch.co.uk)

subterranean galleries, showcasing works from the Pompidou's permanent collection, including a magical Frida Kahlo self-portrait.

Malaga's cultural heritage is also clear in its historic sights. The Alcazaba, the 11th-century Moorish stronghold, overlooks the 16th-century cathedral in the city's heart. While perched at the top of the hill, the 14th-century castle makes for an adventurous hike.

Moorish influences are celebrated in the Hammam Al Andalus Arab Baths ([hammamalandalus.com](http://hammamalandalus.com)), too, tucked in the backstreets of the city centre – definitely worth seeking out.

Malaga's final surprise for me was the seaside suburb of Pedregalejo. There is a beach closer to the town – Malagueta – but a local tip-off took me on a 15-minute bus ride to this former fishing village. (Buses 11 and 3 will get you there.) I joined hordes of Spanish families on the dark sandy beach, renting two loungers for just €8 a day. Lunch was fresh sardines from one of the restaurant barbecues set up on the sand and swordfish drizzled with olive oil and garlic (El Cabra's was my favourite; +34 952 291 595). Lingering on the beach until it was time for an outsize G&T as I watched the locals, it was hard to fathom the British pubs of Torremolinos were so close, yet a holiday world away.

Don't let Malaga's neighbours put you off. A vibrant cultural hub and charming seaside getaway, it's a city that deserves to be on the minibreak map. Just remember to turn left as you leave the airport.

*SASKA GRAVILLE*

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# Nature's GLOW

Banish winter blues and create a natural yet luxe oasis in your home

**I**t's that time of year again when rain and icy winds find us seeking solace in the warmth of our homes. Crackling fires, ambient lighting – it's all about comfort. But this can sometimes mean that there is little opportunity to enjoy the fresh beauty of the outdoors. Well, not any more. A stylish and natural way to awaken your space is with greenery and an opulence that this season so craves.

## GO WILD

Start by introducing your home to vivacious houseplants. The Peace Lily is elegant, needs little maintaining and is perfect for brightening up dark spaces. The more gradients, textures, shapes and sizes you have, the more your home will feel lifted and spacious. Why not try a potted Sanseveria for an instant splash of colour? This Ethiopian desert plant looks chic and can cope well in central-heated rooms. Toned-down greens will pop against yellow ochres, black, white and warming rusty hues.

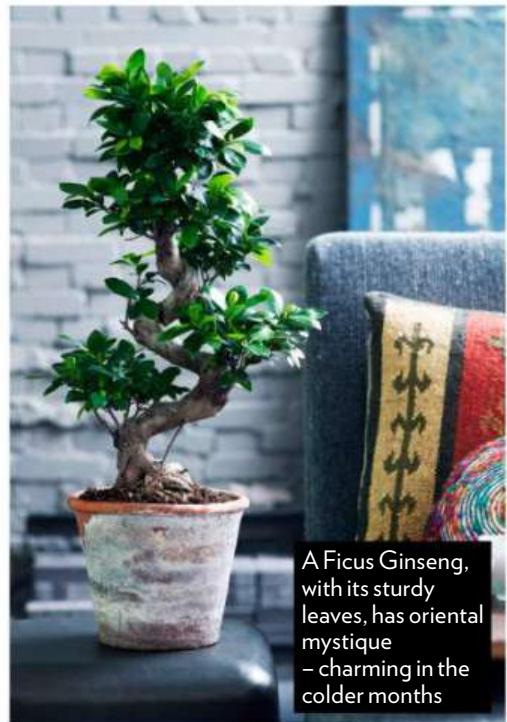
## A METAL MOMENT

Finally, for a contemporary twist, take inspiration from [Thejoyofplants.co.uk](http://Thejoyofplants.co.uk) and pair polished with industrial. Splashes of gorgeous copper and gold with rough stones and woods that you would find in the garden make your home feel inviting and ultra-luxurious.



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October's Houseplant of the Month is the Begonia – the perfect plant to welcome autumn



A Ficus Ginseng, with its sturdy leaves, has oriental mystique – charming in the colder months

'AWAKEN your space with greenery and an OPULENCE that this season so craves'

[Thejoyofplants.co.uk](http://Thejoyofplants.co.uk)

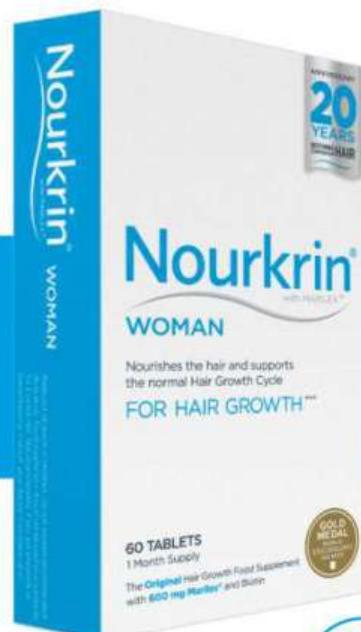
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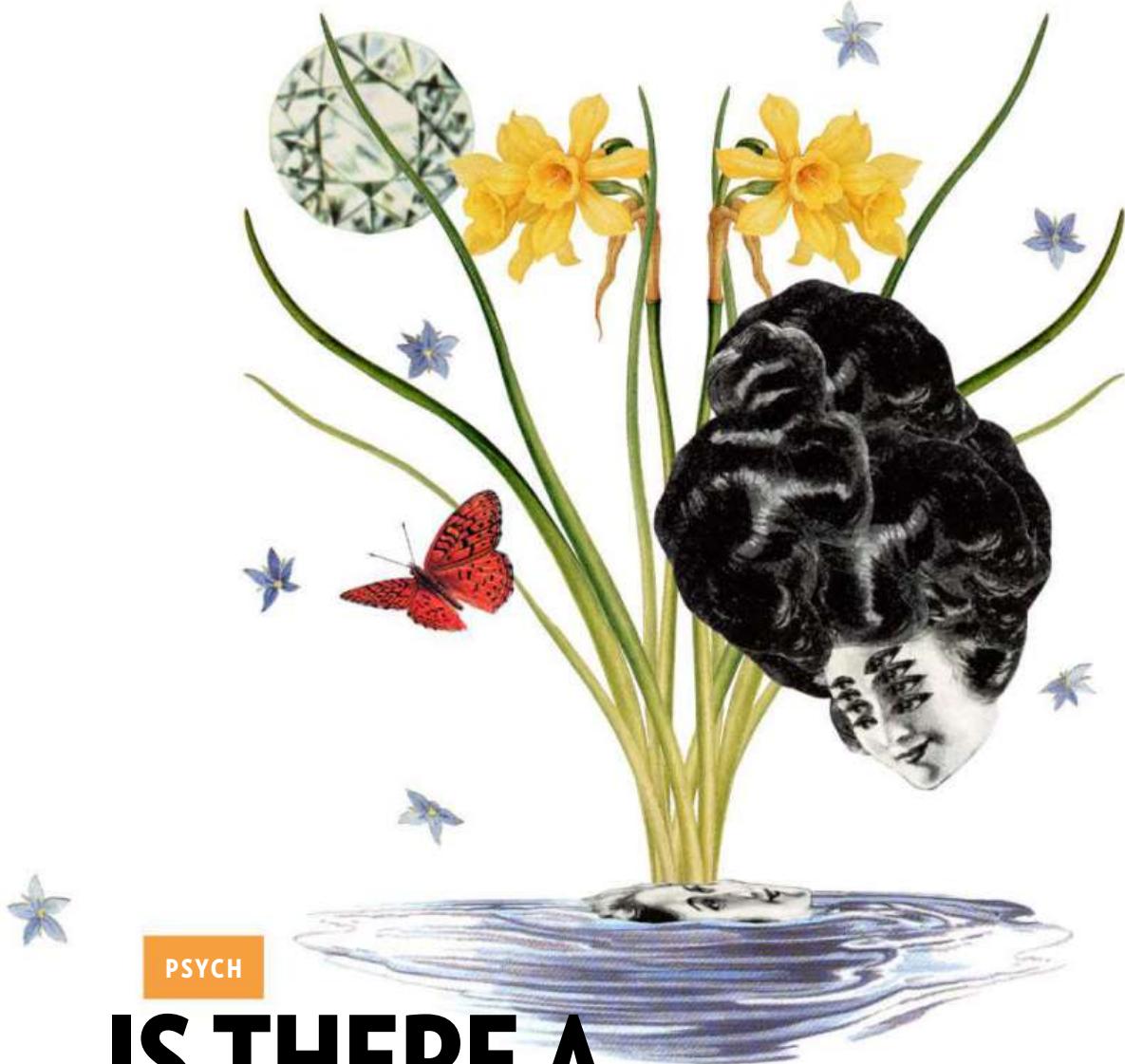
Edited by BRIGID MOSS

## LIGHTEN UP

**I**t's true: your body does need more sleep in winter. So says a new study measuring sleep in a remote village in Argentina where there's no access to electricity.

And, the study goes on to say, it's electric light that's disturbing your hibernation. Dave Asprey, author of *The Bulletproof Diet*, has been studying the effects of light on sleep, energy and mood for a few years, in order to 'hack' his own health. He wears amber-tinted glasses because they block blue light, which he's sensitive to. 'Exposure to the blue spectrum of light is known to suppress production of melatonin for up to four hours, which interferes with sleep,' he says. As well as dimming everything (lights, screens) for at least two hours before bed, he also recommends switching to amber or red bulbs in the bedroom (find one at bulletproof.com). For energy-filled winter mornings, using blue light helps you wake up (try Philips GoLite Blu Energy Light, £255.32) and swap fluorescent bulbs (the curly ones) for halogen, the light closest to daylight. ■





PSYCH

# IS THERE A NARCISSIST IN YOUR LIFE?

Do you know someone who always has to be right, the focus of attention, better than you or who controls you? It's very likely you are dealing with a hidden narcissist, says Brigid Moss

*Illustrations ALEXIS ANNE MACKENZIE*

**L**ooking back, I can see all the signs my ex-housemate at college was quite the narcissist,' says Daisy\*, 36. 'When we met, she seemed friendly, happy, entertaining, confident. I began to have doubts the night I came back from a party held by friends who she knew, but only vaguely. She got really ugly, saying I should have invited her.'

I ended up apologising and going to bed feeling bad. It became a pattern – something would happen that made her angry; I'd feel guilty and try to placate her. I noticed another pattern: she'd become instant besties with someone then, a few weeks or months down the line, fall out with them spectacularly. In the end, I dreaded going home, couldn't wait to move out.'

\* Names have been changed

Could a narcissist be marring your life? If you call someone that name, you probably mean she's put up too many selfies, or he's attention-seeking. But the true narcissist is far less easy to spot, says Dr Craig Malkin, an instructor in psychology at Harvard Medical School, because not all of them are self-promoting egomaniacs. And it's very likely you know one. 'If you include the milder narcissists, it covers maybe one in 10 people,' says Dr Malkin. It could be a colleague who tramples on you to get a plum role, or a boss who takes credit for your work. It could be a friend who's only there for the good times, or the man who's super-romantic and intense one minute, then disappears the next.

Dr Malkin's new book, *Rethinking Narcissism: The Bad – And Surprising Good – About Feeling Special*, is the reason I'm Skyping him today, in his book-lined Cambridge, Massachusetts office. He says knowing a narcissist can be bewildering. 'They can be aloof, insensitive, entitled – but not all the time,' says Dr Malkin. 'They're difficult to live with. It's confusing for people in relationships – there's no ongoing abuse that's a reason to leave the relationship but things don't feel right, don't feel secure. Partners often don't feel special in the lives of milder narcissists, more like one of the crowd.'

#### SO WHAT'S MAKING THESE PEOPLE ACT LIKE THIS, I ASK?

Narcissism is an 'addiction to feeling special', says Dr Malkin. While all of us struggle with fear, loneliness, shame and sadness, addicts push these feelings away: a drinker maybe with vodka; a gambler with a punt. But a narcissist does it by self-enhancing. The name comes from the Greek myth of beautiful Narcissus, cursed by a god for treating suitors badly, to fall in love with his own reflection, then drown.

Dr Malkin had a personal reason to become an expert on narcissism, he says: his mother was one. Charismatic when he was a child, as her looks – a major source of her 'special' – faded, she became manipulative and difficult.

'My mother was the most wonderful and infuriating person I've ever known,' he begins the book, dedicating it to her. And it was her positive qualities, the way she

could make him and others around her feel special, that first made him question the prevailing dogma of negative narcissism. 'We were looking for a measure which took into account that a small amount of narcissism can be healthy,' he says. Working with Dr Stuart Quirk of Central Michigan University, Dr Malkin redefined narcissism on a spectrum, with 'healthy' narcissism in the middle.

'Over 25 years of research has shown,' he says, 'feeling slightly special or exceptional or unique – maybe five to six on the spectrum – is linked with a good life: optimism, a loving relationship, resilience in the face of failure.' A little bit of narcissism makes you believe you can achieve goals.

When someone – maybe your partner, workmate, parent – is at seven or eight on the scale, a 'subtle' narcissist, it may not be obvious they're self-serving, but their actions will affect you negatively. A nine or 10, in the research, who you might call a true or 'malignant' narcissist, or classify as having narcissistic personality disorder, is as bad as that sounds. 'The world exists largely for their benefit,' says Dr Malkin. They are arrogant, lack remorse and empathy, will manipulate and exploit you.

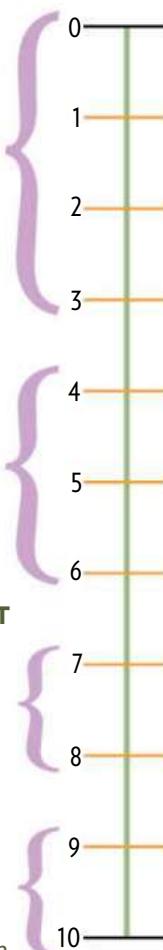
#### THE NARCISSISM SPECTRUM by Dr Craig Malkin

**ECHOIST**  
Never or rarely feels special, often focuses on others at the expense of their own needs.

**HEALTHY NARCISSIST**  
Empathetic, ambitious, confident, capable of giving and receiving help.

**SUBTLE NARCISSIST**  
Can be caring, but becomes demanding and arrogant under stress. Often feels secretly superior.

**EXTREME NARCISSIST**  
Manipulative, argumentative, approval-seeking. Fluctuating self-esteem.



#### THE TELLTALE SIGNS

Anyone who's above a seven on Dr Malkin's narcissism spectrum will make him or herself feel special by making you feel less in some way... less smart, less voluptuous, less slim, less lucky even.

'That sounds familiar,' says Alice\*, a mum-of-two from London. 'My sister always has to make out she's the most connected, talented person at the table. And she does that by making *me* out as a loser whose work and achievements don't count. I can remember it as far back as our teens: she had to be the best at everything, even things she didn't really care about and I did, like cooking.'

So if a narcissist isn't always obvious, how can you spot one? They tend to be 'uncomfortable with vulnerable feelings like sadness, dodging them in order to feel superior', says Dr Malkin. How do you feel after a conversation with your suspected narcissist? 'If you're left feeling somehow lesser than the other person, if there's no depth of connection, if you don't ever hear about any struggles or anything wrong, that's the hallmark of a narcissist,' says Dr Malkin. 'They don't like to get into their frailties.'

And don't necessarily assume you're looking for pompous or rich or loud. An introverted narcissist might ➤



be a 'quietly misunderstood genius', and an altruistic one will believe he's 'the most helpful person on the planet' – or the best boss. The competition can be in any arena.

Kate\*, who worked in fashion, says this describes her first boss. 'She worked super-hard because she found it impossible to delegate – because, she said, nobody could do it as well as her.' Another industry that specialises in narcissists is, of course, entertainment.

#### NARCISSISTS OFTEN IDEALISE CHILDHOOD,

says Dr Malkin. That's because if you say your childhood was all idyllic summers and happy families, there are no difficult feelings to talk about. And this time is also where you'll find the root of the condition, he says. Narcissism can develop when a child doesn't get what he or she needs from parents or carers: namely unconditional, secure love, support when they're sad, afraid, lonely. 'They don't expect to be soothed, don't expect secure love, so instead of turning to people, they turn to feeling special.'

The pattern of a relationship with a narcissist often goes like this: a flurry of attention, a huge romantic drama... then nothing. Or your partner seems to care but you keep feeling worthless, neglected or alone. 'The good and bad coexist,' says Dr Malkin. 'We stay for the good. But you don't have to wait for physical abuse to leave.' (See Redonline.co.uk for how to identify when you need a narcissist exit strategy.)

#### WHERE ARE YOU ON THE SPECTRUM?



If you are involved with a narcissist, you may find you're on the spectrum, too – but at the other end, between zero and five. Malkin has dubbed those at this end 'echoists', after Echo who, in the myth, falls in love with Narcissus and follows him around, repeating what he says. Echoists lack healthy narcissism, and live by mirroring others' needs and feelings. Pairing up with a narcissist works because an echoist doesn't think their feelings deserve to be heard or have any need to be special, and loves the focus and excitement a narcissist brings. A narcissist couple, however, can be a disaster. Think Elizabeth Taylor and Richard Burton: volatile and intense; acrimonious and aggressive.

In testing times, for example teenage years or any period of uncertainty or loss, someone with narcissistic tendencies will tend to shoot up the spectrum. The best news from Dr Malkin's research, though, is that you can help a beloved narcissist move a little closer to normal and healthy, say from a seven to a six.

'Don't tell the person you think they're a jerk or a narcissist,' he says. 'It's going to make them angry or defensive.' And don't attempt to manage them by flattering their ego. 'What helps reduce narcissism

## HOW TO SPOT A NARCISSIST

**NARCISSISTS CAN BE HARD TO RECOGNISE WHEN THEIR BEHAVIOUR IS DISGUISED BY CHARM, BUT SOME PSYCHOLOGICAL STRATEGIES WILL REVEAL THEIR TRUE NATURE**

**1** They display emotional phobia. Narcissists imagine themselves as self-sufficient so don't let on when they feel hurt. Instead, they lash out in anger and/or become condescending to hide how they feel. They avoid talking about your vulnerable feelings, too.

**2** They play emotional hot potato. If they feel bad, they 'coerce you into experiencing the emotions they're trying to ignore', says Dr Malkin. When they're insecure, they become critical. When they're angry, they rile you up.

**3** They exert stealth control. They need to be in control, so you always end up doing what they want, but don't know quite how that happens.

**4** They place people on pedestals, which is another way of feeling special. ('The logic goes like this: "If someone this special wants me, I must be special too", says Dr Malkin.)

**5** They fantasise you're twins ('We're so alike, we like the same things'). This fantasy gets rid of any feelings of vulnerability or fear of disappointment.

is drawing people's attention to their relationships, to the importance of others in their lives,' says Dr Malkin.

The way to do that, he says, is with 'empathy prompts', reminding them who they love and care for. For example, you could say, 'You're one of the most important people in my life, you're my dad. It makes me feel worthless, like I'm losing my father, when you make those comments about my weight.' It's about telling someone they are special, to you, in a meaningful way. 'If they can respond to that by crying, softening, saying sorry, there's hope,' says Dr Malkin. And it may be the way back to healthy narcissism. **2**

*Rethinking Narcissism: The Bad – And Surprising Good – About Feeling Special by Dr Craig Malkin (HarperWave, £17.16)*

To find out more about the narcissism spectrum, go to **REDONLINE.CO.UK**

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MEMOIR

# THE *crisis* THAT MADE ME

Julie Montagu's seemingly charmed present-day life as a yoga and nutrition guru only came about because her husband fell gravely ill. She tells Ruby Warrington how she was forced to find her life's passion



**O**n Christmas morning 2010, instead of watching her children play with the presents she'd been up until 2am wrapping, Julie Montagu was sitting outside the family home in her red

Mini, crying with anger, frustration and despair. Her husband Luke was upstairs in bed, too sick 'to even fake it', as he put it.

There are tears in her eyes now as she relives what she calls their 'rock bottom' moment. 'Luke came and found me,' she remembers. 'I was hysterical. All he could do was put his arms around me, and tell me that I wasn't going crazy. To just cry and scream it out.'

Fast forward five years and Julie, 41, an effervescent blonde who radiates positivity and energy, is a nutritionist, author, star of the US reality TV show *Ladies Of London* and one of the capital's most in-demand yoga instructors. With almost 30,000 followers on Instagram, she's taught yoga on the roof of Selfridges, has a bestselling book, *Superfoods* (and two more in the pipeline), and her own DVD, *21 Day Power Yoga Detox & Weight Loss Method*. None of which seemed possible that awful Christmas morning.

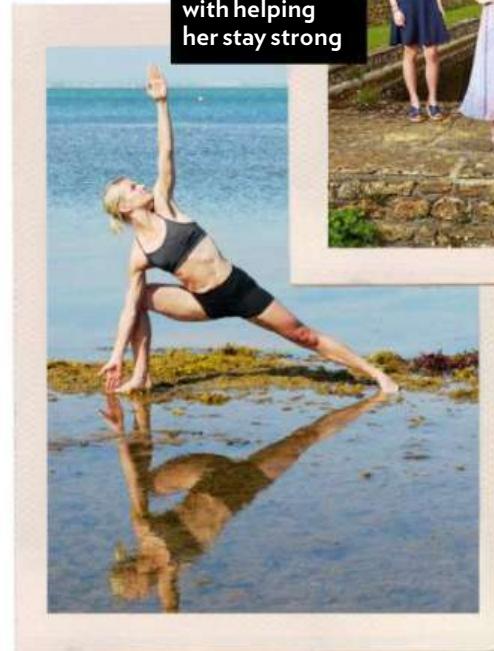
#### LUKE HAD BEEN 'UNWELL' – THE EUPHEMISM THE COUPLE USED TO EXPLAIN HIS RETREAT FROM SOCIETY – FOR ALMOST TWO YEARS BY THEN.

Having been prescribed antidepressants following a reaction to an anaesthetic aged 19, he developed a physical dependency to the pills. But this only became clear when he suffered nerve damage after being advised by a doctor to stop taking the pills, rather than weaning off them gradually.

Prone to bouts of tears, wracked with physical and mental pain, and with brain fog that left him unable to read or drive a car, 'I watched my knight in shining armour disappear overnight,' says Julie, who, until this point, had been leading an enviable existence, with four beautiful children, Nestor, William, Jack and Emma, then aged two to nine.

Born and raised in Sugar Grove, Illinois, in the United States' Midwest, Julie met Luke after she moved to the UK in 1998 with a dotcom job, aged 24. 'We were neighbours and we'd go to the movies together,' she remembers. 'It quickly grew into love.' Unaware that Luke was heir to the title Earl of

**FROM RIGHT:**  
Julie with her  
husband Luke  
and kids Emma,  
William, Nestor  
and Jack; Julie  
credits yoga  
with helping  
her stay strong



Sandwich, when he told her, she recalls, 'I was like, "What, you're a Lord?" I didn't think those still existed.'

The couple married at Mapperton, his family's estate in Dorset, in 2004. 'I even wore the family tiara, and I remember actually

pinching myself,' she says. 'Not because of the title, I didn't care about that. But because I didn't even get my passport until I was 22.'

At the time, Luke worked as CEO of the Met Film School, and Julie worked for a production company they had bought, until the birth of her fourth child, Nestor, in 2007. The only fly in her champagne, so to speak, was the pills – venlafaxine and clonazepam (in the same family as Valium) – her husband said he had to take for anxiety, and to help him sleep. 'But when he ran out he'd go into panic mode. It was only later we realised he was going through physical withdrawal.

It was the first clue about the damage these drugs can do.'

Telling her story over dinner at the Bluebird Café on London's King's Road, a few streets from the Tryoga studio where her classes are regularly 'waiting-list busy', Julie shakes her head. 'It's weird to even think about the early days together. So much of our life has been focused on what happened afterwards.'

Increasingly concerned by his reliance on pills, Luke decided it was time to come off them in January 2009, and checked into a clinic to do >>

Without experiencing PAIN, anguish and despair, how are you going to GROW? Because when all else fails, what is there to LOSE?

“ ”

so. ‘After three days he told me, “Something’s wrong, I feel like I’ve had a lobotomy”,’ Julie remembers. ‘He couldn’t sleep, he couldn’t do the simplest maths problem, he could barely string a sentence together.’

**D**uring the hard months that followed, Luke couldn’t work, leaving the couple financially dependent on his parents. ‘And thank goodness they were in a position to support us, we were very lucky,’ she admits.

Julie, who describes herself as ‘super-crazy optimistic’, took it upon herself to put a brave face on things, shielding the children, who were all under 10 at the time, with a simple: ‘Daddy’s got very bad flu.’ Later, they began to tell them the truth, starting with Emma when she was 11. ‘But I didn’t go into detail with friends, and some of them didn’t even believe me, so the only person I could cry to was my mother-in-law, Caroline. We became extremely close.’

Having practised yoga regularly for years, it began to feel like Julie’s lifeline: ‘Yoga was literally the only thing that made me feel good about myself.’ Needing to earn money, she did her first teacher-training course. She describes it as ‘a transformation. I mean, I cried solidly for two weeks – but that’s what I love about yoga. Everybody has been through some kind of life experience’.

Her philosophy is: ‘Without experiencing pain, anguish, and despair, how are you going to grow? Not to mention find and follow your passion – because when all else fails, what is there to lose?’

Julie taught her first class to three people in an old church hall in west London in early 2010, having put flyers through letterboxes in her local area. ‘It cost £20 an hour to hire and I was charging £12 for the class, so I needed two people to break even. I prayed some of the mums from my kids’ school would turn up, and when three people came I was so relieved – I’d made 16 quid!'

Slowly, her classes began to grow, and soon she was teaching at a local studio. Luke’s prognosis, however, was not good. The experts they spoke to were unanimous: the damage from drug withdrawal had been done. ‘We were told all we could do was wait, and that it could take 10 years for him to get better.’

If anything, this only fuelled Julie’s new passion for holistic approaches to wellbeing. Despite monthly

meetings to go through expenses with her in-laws, she put £4,000 on her credit card to pay for an online nutrition course with Cornell University. ‘My gut was telling me, you have to do this, it could be beneficial to you and to Luke,’ she says.

Armed with her new-found skill set, Julie started a blog, *The Flexi Foodie*. And it was Luke asking to get involved, to photograph Julie and her recipes, that showed her ‘his brain had started to heal’. The blog also helped her land her first book deal in 2014, the same year she was cast for *Ladies Of London*, a job she admits she took ‘because we needed the money’.

She began making superfood smoothies for Luke, cutting out all sugar. ‘He ate my Green Goddess salad [masses of greens with a herby avocado dressing; recipe at Redonline.co.uk] every day. These days he’s probably got a cleaner diet than me.’ He started to practise yoga, too, and mindfulness meditation, ‘which has helped him learn to absorb the pain, rather than focus on it’, she says.

**AND IF THAT CHRISTMAS WAS ROCK BOTTOM, IT WAS ALSO A CATALYST FOR LUKE TO TAKE LEGAL ACTION AGAINST THE DOCTOR RESPONSIBLE FOR HIS WITHDRAWAL.** ‘It’s been described as barbaric, what was done to him.’ A lawyer took the case on pro bono, and they eventually settled out of court last summer for £1.35 million – meaning they were able to pay back Luke’s parents. Luke started a charity, the Council for Evidence-based Psychiatry (CEP), to inform about psychiatric drugs. ‘Vindicated – that’s the

word,’ says Julie, when I ask her how it felt.

These days, Luke still experiences physical pain daily, but he’s sufficiently healed that he’s taken on some of the responsibilities of Mapperton, with its visitor centre and events business, which cost £200,000 a year just to run. The couple plan to take it on full-time next year; Julie hopeful that her US profile from *Ladies Of London* will add to revenue, and so help keep the estate in the family.

Looking back on the past six years today, Julie is her optimistic self, her strength showing just how she got through this time. ‘I can’t believe I’m saying this, but I wouldn’t change anything. What happened to Luke, I wouldn’t wish on anyone. But when you endure any kind of pain, you come through it the best version of yourself.’ 

Find Julie Montagu’s superfood recipes at **REDONLINE.CO.UK**



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WELLBEING

# CLEAR YOUR MIND

Who do Kate Moss, Sadie Frost and Liv Tyler turn to for inner peace? Meditation guru Sandy Newbigging is their go-to man

*Words BRIGID MOSS Illustrations RED'S ARTIST-IN-RESIDENCE CAROLINE JANE HARRIS*

**W**ho wouldn't want to be calmer? Who wouldn't want to feel energetic and well, too? What if you could feel amazing by training your mind?

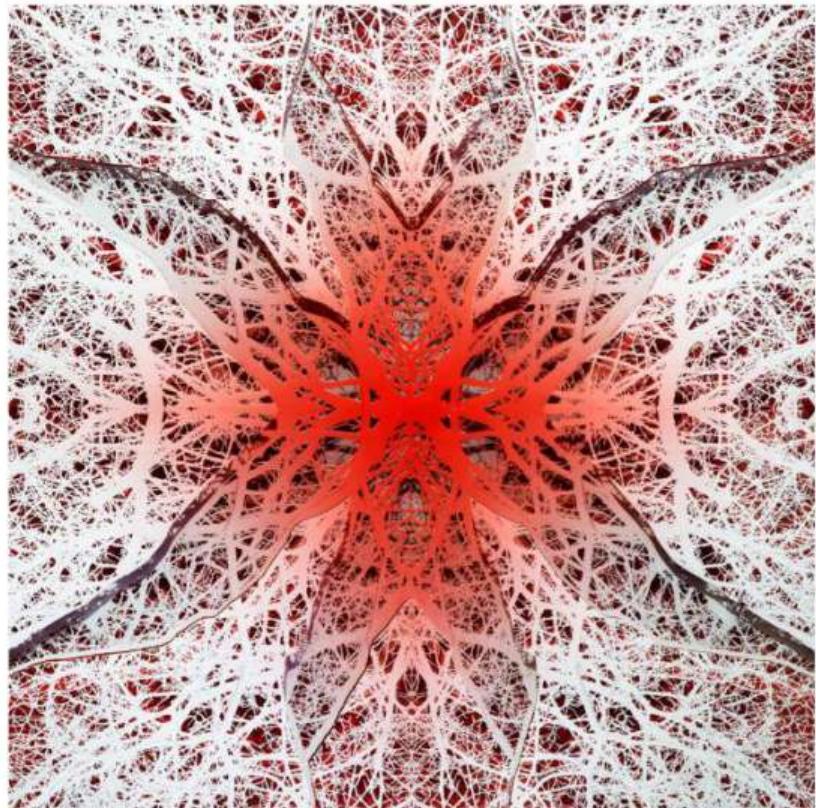
It's this promise of total mind and body wellness that has made Sandy Newbigging the go-to meditation guru right now. That and the fact that Sadie Frost Instagrammed a picture of her, Kate Moss, model/nutritionist Rosemary Ferguson and other beautiful friends sunbathing on Newbigging's meditation retreat at detox spa The LifeCo in Bodrum, Turkey. She called his method 'the biggest gift I could give myself – check him out!', causing him to go global.

It doesn't hurt that 36-year-old Newbigging, who's been leading meditation retreats since 2008, is intensely charming and TV-presenter handsome, with James McAvoy's voice. And now that he's personally instructing Liv Tyler, the resulting publicity means his new book, *Body Calm*, is likely to be even bigger than his previous bestseller, *Mind Calm*.

So why does everyone seem to love your method, I ask? 'It's a modern-day meditation technique,' he says. 'It's deep but if someone just wants to get to sleep, they'll use it. If someone wants to spiritually explore, they'll use it. It serves everyone.'



Sandy Newbigging:  
the guru of modern-day meditation



One thing that marks out his method from others is GAAWO, or Gently Alert with Awareness Wide Open, a sort of shortcut into the meditative state. It's a trick for taking your mind out of thinking mode, even if just for a moment (turn over for how to do this).

Newbigging teaches me GAAWO in two minutes. It works – I feel different, I stop thinking for at least... 10 seconds. It is so easy, in fact, that afterwards I ask, 'Is that it?' 'It has to be simple or people won't do it,' he says. 'A Harvard study showed the average person is lost in their thinking mind for 47% of their day. For almost 50% of the day we're missing life. Life won't fall apart if you don't think for five minutes. Hang out in GAAWO.'

Thinking all the time, Newbigging tells me, is not good for your mind or body. That's because, and this is crucial, your body thinks thoughts are actually happening. 'The body responds in similar ways to whatever you imagine – as though it is actually happening in reality,' he says. And that's why a lot of us spend our time on the edge, in fight or flight mode. Not convinced? 'I encourage people to monitor their mind-bodies, just for a few hours, just to see how your body responds when you're stuck in traffic, when you think about someone you hate, or love, when you watch the news, when you read a happy story.'

Later that day, as I worry about the train being delayed, I feel my body tense, my shoulders hunch, as if I've just heard the announcement over the tannoy. Even when I try to meditate, I end up thinking about practical stuff ➤

or worries or what other people think, then think, 'Oh God, I'm thinking again.' Is this okay? I ask Newbigging. In fact, it's exactly what needs to happen during meditation, he says. 'Lots of thoughts means lots of healing but no one ever tells you that. It's actually a sign of stress releasing.'

For the full Body Calm meditation, you first need to get the hang of doing GAAWO with your eyes closed. Newbigging teaches me this a week later, via FaceTime from a retreat in rural Spain he does for himself, a few times a year. It's run by the Ishayas, a group of monks that 'explore consciousness'. Newbigging became a monk in 2008,

## 'Calm Thoughts HEAL your BELIEF SYSTEM from the most common unhealthy beliefs that cause STRESS'

although he doesn't generally talk about it, he says, because he's made his method secular, so it's for everyone. But when I ask him his mission, he says, 'I want to have the biggest movement of stillness on the planet.'

Newbigging was a regular in the mind-body-spirit event world even before he learned meditation, specialising in changing thought processes, writing books (including *Life Detox*) and filming *The Spa Of Embarrassing Illnesses* for TV with his then-partner, nutritionist Amanda Hamilton. But after a few years, he had a revelation: even though he could change his thoughts, he was still stuck with thinking, all the time.

That's when he discovered meditation. And wow, did he. After meditating for six months, sometimes 18 hours a day, he felt ready to teach. But, he says, you don't need to do nearly so much. He recommends just two to three 15- to 20-minute sessions a day, plus doing GAAWO throughout the day when you remember, too.

The Body Calm method combines meditation with changing thoughts and beliefs. So, once you're in GAAWO with closed eyes, 'gently alert', you add a series of Calm Thoughts, which 'serve to heal your belief system from the most common unhealthy beliefs that cause stress'. They're not just affirmations, says Newbigging, because your mind



**Sadie Frost (above) is a fan of Newbigging's meditation retreats**

is in a receptive state. And for me, the Calm Thoughts make the meditation doable because there's more instruction than just: 'Empty your mind.'

So the full meditation goes like this: disengage your thinking brain with GAAWO, then 10 Calm Thoughts. They are: 'I am secure. I am supported. I am strong. I am calm. I am open. I am kind. I am free. I am worthy.

I am enough. I am healed.' You finish with GAAWO.

There is a bigger promise in the book, though. It's called *Body Calm* because it's about using meditation to allow the body to heal. This is where my mind, which needs proof, gets stuck, I say. I can accept there's a mind-body connection – blushing, butterflies, the nausea of disgust. And there are plenty of studies that show meditation can have physical effects. But is there really a proven mind-illness connection? This is a step too new-age for me, I say, flicking to the back of the book, where there is an index of body disorders and 'mind-based causes'. So, under eczema, the book says: 'Sadness-based anger, alone in the world, skin trying to find lost connection, isolated, irritated, emotionally sensitive, unstable without physical contact, separation anxiety.' And the Calm Thought you use during meditation is: 'I am calm and connected.'

This mind-body list, says Newbigging, comes from his 10 years of working with clients and from the hundreds of case studies practitioners have done when learning his method. I feel more comfortable when he tells me he's not promising the Body Calm method can heal your body, nor that you shouldn't use medicine. Rather that 'you're making sure your mind is not getting in the way of your body's healing. A happier mind helps a healthier body'.

That sounds plausible. And I'm going to keep using the method because, frankly, it makes me feel good and it's easy. Just GAAWO alone keeps me from overthinking and gives me, in Newbigging's words, 'a holiday from your head'. And that's something we all need, right? ☺

*Body Calm* by  
Sandy Newbigging  
(Hay House,  
£10.99; out on  
October 6th)

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# MUSHROOMS: THE NEW KALE?

Medicinal mushrooms are popping up everywhere right now. Fungal is the way forward, says Nicola Down

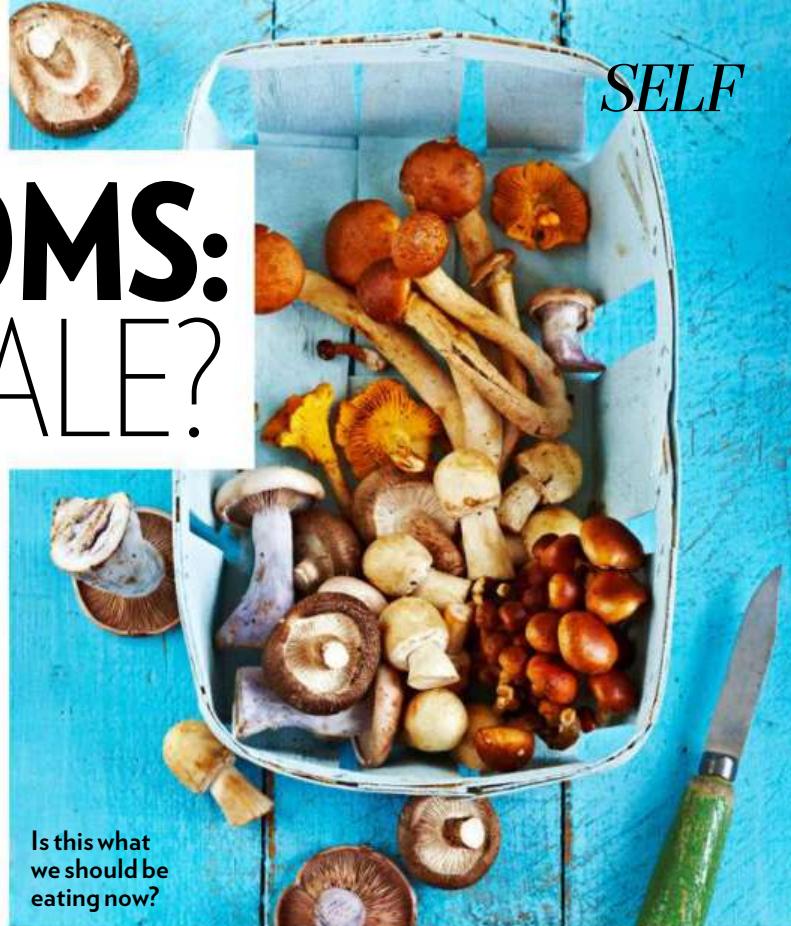
**M**ove over quinoa, there's a new super-ingredient around. Mushrooms may not be as marketable as kale, as bright as beetroot or as photogenic as a green juice, but they've arrived in a health-food shop near you. Not the button mushrooms you'd see on your brunch plate, but 'medicinal mushrooms', including chaga, maitake, shiitake and cordyceps, in the form of teas, powder and supplements.

So what's made mushrooms mainstream? Well, the research behind what they do for our immunity is good and it's getting better. It's clear now that mushrooms are rich in healthy chemicals – polysaccharides, beta glucans – that increase the body's natural killer cells and destroy invading bacteria and viruses, while having health-boosting anti-inflammatory benefits.

As well as reaching body parts that no amount of green juice can, they may even help with staying a healthy weight. In a recent study, mice fed a reishi supplement with a high-fat diet gained less fat than the mice who didn't get reishi. The reason? Reishi appeared to improve the amount of good bacteria in the gut, something that's been linked to a lower risk of obesity.

That's not all. Another new study found that people given 100g (the size of a big portion of raw pasta) of dried shiitake mushrooms daily for a month had better-functioning gamma delta T-cells and reductions in inflammatory proteins, both markers of better immunity.

'Medicinal mushrooms act as biologic response modifiers, stimulating the immune system into doing its job more effectively,' says Catalina Fernández de Ana Portela, a mycologist (mushroom biologist) and founder of Hifas da Terra, which makes organic medicinal



mushroom supplements. 'They're also adaptogens, which means they help the body react effectively to any virus, bacteria or cell that's behaving incorrectly.'

Is eating fresh mushrooms as good? 'You'd have to eat 500g for 60 days in a row to get their full effect, but with a supplement you get an extra-powerful concentration of the active elements,' says Fernández de Ana Portela. Not only that but many of the health-star mushrooms (reishi, chaga, cordyceps) are woody and, frankly, inedible.

Of course, although there's a real buzz about medicinal mushrooms now, they're no newbies. They've been a staple of traditional Chinese medicine for thousands of years. In Western medicine, the research is slowly catching up to show what really works. In cancer, the most controversial area of research, a report from global research reviewer Cochrane said there aren't any high-quality trials to prove their effect. But that doesn't mean you shouldn't take advantage of their health-tonic benefits. This winter, we're adding a few handfuls of shiitake to our risotto or soup, and adding a mushroom supplement to our immune shopping list of probiotics and vitamin D. If they can stop us getting a winter bug, they're definitely magical. ☺

## What's claimed for mushrooms

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**FOR BETTER DIGESTION**  
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For Dale Pinnock's 'flu-fighter' mushroom soup, go to [REDONLINE.CO.UK](http://REDONLINE.CO.UK)

# ASK PHILIPPA

A reader's partner lied about an ex. No, she doesn't have to be friends with her, says Philippa Perry, psychotherapist and *Red*'s agony aunt

*Photograph CAMERON McNEE*

**M**y boyfriend of two years has always been loving, but there's a shadow that hangs over us. Soon after we met, he introduced me to a (married) female colleague and I could tell there was something between them. She flirted and was full of stories about things they'd done together. I gave her the benefit of the doubt, assuming she was insecure. My partner admitted she'd acted 'a bit weird', but assured me they'd only ever been platonic. A few weeks ago, going through some paperwork, I was shocked to find several pages he'd written about his feelings for this woman, how he wanted her to leave her husband. He told me they were a few years old and assured me they'd never had sex; it was just an infatuation that got out of hand. I tried to believe him but it niggle so I started snooping. I found emails that proved they had a sexual and emotional affair for two years. As you can imagine, I was pretty upset. He was devastated, said I'm the best thing that's happened to him and that he'd been careless and naive. He says she's been



a good friend to him and they've found a way to move on. I find it tasteless he's still friends with her husband. I love and trust him, and I get why he'd want to keep the affair private. But she made me feel bad, and he lied to me. Am I right to tell him I don't want to be friends with her, or for them to be friends?

**Name withheld**

I – and just about every other *Red* reader – is shouting, 'Of course you are!' You might want to tell him, as well, that being lied to in future will be a dealbreaker. But let's unpick this situation a bit more.

Being lied to is crazy-making. You felt one thing and were being told another. One reason lying is so unpleasant is you don't want to be trained to distrust your instincts, and that's before we get to issues of needing to be able to trust. And

why wouldn't you hate it if your boyfriend continued to mix socially with a woman who would probably like to see you disappear, and her husband who was duped? So yes, put down your boundary.

I find it interesting that you're asking me whether it's okay to put down a boundary. And asking rather tentatively. Your boyfriend says he lied because he didn't want to lose you but, also, to avoid a difficult situation with you. Reading into your longer letter, I wonder if he has even been able to negotiate real boundaries with his ex? I think avoiding awkward conversations may be something you two have in common.

If neither of you have grown up with families who are able to air differences with love and goodwill, negotiating for change and putting down boundaries might make you wary of conflict. But in order to really be together, past behaviour needs to be acknowledged rather than kept secret. Disagreements need to be aired and negotiated. If this doesn't happen, we begin to get no-go areas in a relationship. And if we're not careful, we can stop behaving like two people in a relationship and become instead a stale two-person, amorphous blob stuck in role play. That gets deadening for both parties.

What you need to talk about with your boyfriend is how you are going to negotiate the difficult conversations that will come up in the future. You need to learn how to thrash out difference and find compromise without it being threatening.

If you both continue to avoid something potentially awkward there will always be, in both of you, parts unseen by the other. If we have unseen parts of ourselves, we tend to feel lonely. Quite often in couples where there are a lot of things you think about but dare not speak of to each other, the solution becomes confiding in a third party. This leads to new-found intimacy with the third party, which can lead to infidelity. I see this a lot in couples counselling. You have been warned! Good luck. ■

## WHAT DO YOU NEED TO ASK PHILIPPA?

Philippa would love to give you an answer to your problem, whether it's about life change, work/life balance or work issues, expectations or confidence, goals and ambitions, children or fertility, friends, frenemies, partners or relations. Email her in confidence at [therapy@redmagazine.co.uk](mailto:therapy@redmagazine.co.uk). You'll find all Philippa's past columns at [Redonline.co.uk](http://Redonline.co.uk).

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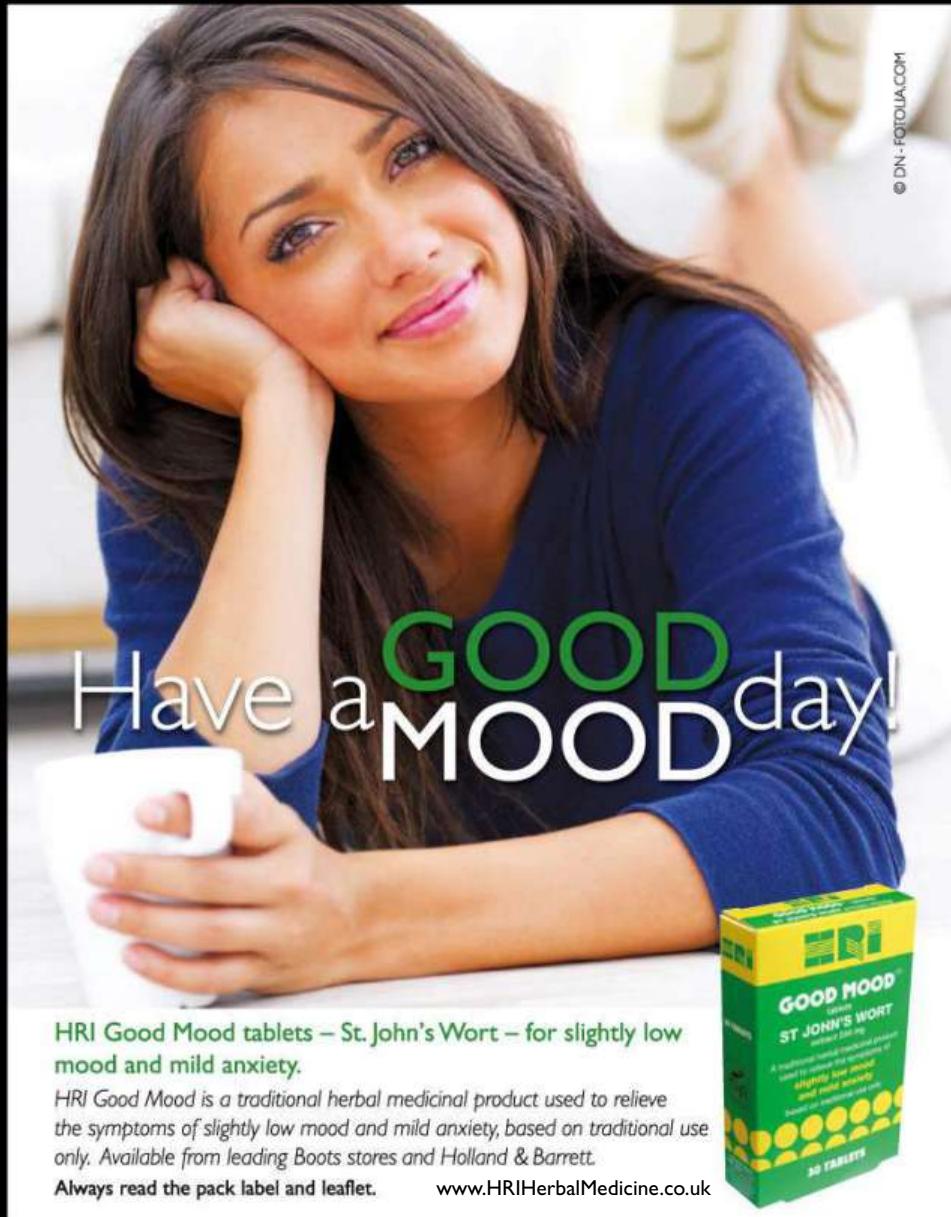
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# STARS

Yasmin Boland reveals what's in store for you this month

Illustration CAMILLA PERKINS

## SCORPIO

Oct 24th-Nov 22nd

*The past few years have shown you what you're made of. You're out of that gruelling cycle now, but you still have work to do if you want to evolve. Focusing on the realities of your financial situation will stand you in good stead. Face facts.*

## SAGITTARIUS Nov 23rd-Dec 21st

You need to get the balance of male and female energies right. It's easy for you to drive yourself into the ground at the moment – very male/yang. But you do also need to look after yourself. Make sure you have time for a personal life. Ask for advice and help when you need it. Give and take more equally.

## CAPRICORN Dec 22nd-Jan 19th

Once every two years you get a massive cosmic boost professionally as Mars moves through your career zone. That's happening now so use the energies to get really clear on what you want for yourself at work. Make a list of your career objectives and how you plan to achieve them. Don't scoff. This stuff works.

## AQUARIUS Jan 20th-Feb 18th

There'll be times you feel inspired about new ways to boost your income. And there'll be times, like now, when you feel more muddled. If you're not certain about the best way to proceed financially, put off making a final decision until next month if you can. If you can't, follow your feelings above all else.



## PISCES Feb 19th-Mar 20th

Use this month to make yourself happier in any way that feels healthy (think massages, bubble baths, even counselling, rather than getting sloshed!). If you're confused about life in general and work in particular, don't worry. This is a passing phase. Ask yourself what inspires you? That's your secret to success.

## ARIES Mar 21st-Apr 19th

This is the time to push yourself work-wise. There's been a tendency recently for you to focus on your fears, professional or otherwise. But you're in a new cycle now. Talk to a friend, partner or therapist so you can move through whatever has held you back at work. It's time for you to expand your career horizons.

## TAURUS Apr 20th-May 20th

As much as it's good to be generous and giving, the skies are reminding you to take care of yourself, too, and have some fun. All the hard work of the past few years has set you on the right course for success. But remember we all need light and shade. In your case, that means work and time off.

## GEMINI May 21st-June 21st

It's a potentially challenging month but it can still be a very productive one. The skies are conspiring to give you a bit of a reality check in your love and work life. This might sound scary but actually it's a good thing. Facing facts professionally or personally will eventually make life much easier.

## CANCER June 22nd-July 22nd

If the past few months have felt a little all over the place, here is some good news: you now have great stars to get into some proper routines and rhythms. It might not sound like the most exciting thing in the world, but you'll be less stressed if you get your life running like clockwork, with Saturn's help.

## LEO July 23rd-Aug 23rd

Hopefully things are on the up for your romantic life, a creative project and your children. If not, it's time to stop kidding yourself about what you can manage. Being structured in these three parts of your life is the best way forward for you now. Create realistic routines. Be honest about what's possible.

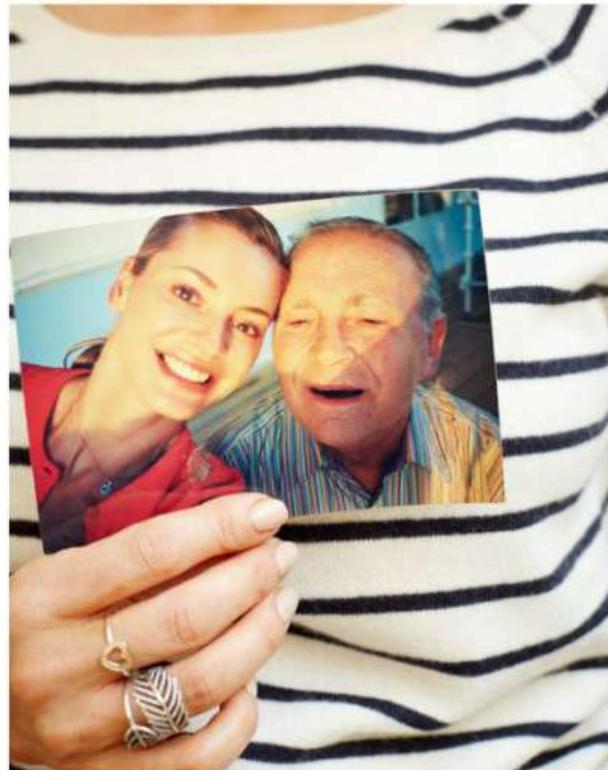
## VIRGO Aug 24th-Sept 22nd

November brings an amazing chance to heal past hurts. Think of anyone who ever hurt you and... forgive them, even if you still don't like what they did. There could be a rude awakening connected to love, home or family this month. If that's the case, breathe, make like the Dalai Lama and forgive! Really.

## LIBRA Sept 23rd-Oct 23rd

This month sees the planet of love and abundance, Venus, moving into your sign. It augurs very well for you romantically, so don't be shy about re-seducing your partner or finding someone new. It's also very good financial news. Deals made mid-month look especially long-lasting and auspicious. ☀

# MY FAVOURITE THING



## TESS DALY

A photograph will forever remind the TV presenter of precious, sun-filled days spent with her dad

*Photographs JENNY LEWIS*

All my life, it had been Dad's dream to go on a cruise. He always talked about seeing the world when he retired, so when he stopped working we decided to go on one together around the Mediterranean. My dad had also just beaten prostate cancer, so it was a really precious time for us.

'I can't believe it kid, it's me and you!' – I'll never forget him saying that. He was giddy, like a child, so excited and happy to be doing something he'd always wanted to do. We sailed around the beautiful coasts of the Mediterranean. We stopped in Naples, gazed at the Amalfi coast; sipped cappuccinos in Italy and lattes in Corsica.

This photograph was taken on the last night of the cruise. We were watching the sun set and toasting the

trip with a glass of champagne. We could really feel the warmth of the sun on our faces. He's wearing his favourite shirt – which I bought for him – and he looks very peaceful and happy. That's why I love it; it's a picture full of love.

During the trip my dad started to get out of breath and shortly after we got back, we discovered he had emphysema. This picture was taken in 1998. My dad died in 2003, 18 days after my wedding. It now hangs in my kitchen, where I can see it every day. This photo sums up his joyful personality and our closeness. I miss him enormously, but this way he'll always be with me. ☺

*Tess Daly is the brand ambassador for Pandora's S/S 15, Rose and A/W 15 collections*



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Isla, 10 months. Important notice: breastfeeding is best for your baby. Follow On milk should only be used as part of a mixed diet and not as a breastmilk substitute before 6 months. Use on the advice of your healthcare professional.

# Miss Dior



So Miss, so Dior